

February 2018: Fun fitness options for all fitness levels! Try out your first class FREE – Join for only \$3.43/day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HIIT Boot Camp 6:00am - Brian Power Boot Camp 6:30pm-Cailan	2	3 CQC Self defense 10:00am-Taqquee
4	5 Satria 6:00am-Taqquee Kettle Rope-X 6:30pm-Cailan	6 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	7 Satria 6:00pm-Taqquee	8 HIIT Boot Camp 6:00am - Brian Power Boot Camp 6:30pm-Cailan	9	10 CQC Self defense 10:00am-Taqquee
11	12 Satria 6:00am-Taqquee Kettle Rope-X 6:30pm-Cailan	13 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	14 Satria 6:00pm-Taqquee	15 HIIT Boot Camp 6:00am - Brian Power Boot Camp 6:30pm-Cailan	16	17 CQC Self defense 10:00am-Taqquee
18	19 Satria 6:00am-Taqquee Kettle Rope-X 6:30pm-Cailan	20 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	21 Satria 6:00pm-Taqquee	22 HIIT Boot Camp 6:00am - Brian Power Boot Camp 6:30pm-Cailan	23	24 CQC Self defense 10:00am-Taqquee
25	26 Satria 6:00am-Taqquee Kettle Rope-X 6:30pm-Cailan	27 Boot Camp FUN-Damentals 6:00am-Brian Spin Cycle 6:30pm- Nancy	28 Satria 6:00pm-Taqquee			

SPECIAL EVENT!
Bench Press Strength Seminar
10:00-11:30am

SPECIAL EVENTS!
Kickboxing Clinic 8:00-9:00am
Deadlift Strength Seminar
10:00-11:30am

SPECIAL EVENT!
Squat Strength Seminar
10:00-11:30am

Unlimited Monthly Membership \$96.00

8 Group Fitness Classes \$80.00

4 Group Fitness Classes \$48.00



Your First Class @ BYBF is FREE!!!

Non-member Drop-in rate - \$12/class

Special Events & Clinics - Registration required & special pricing applies....visit www.byoungbfit.com

Strength Seminars: Adam Son (AchieveFit) will be teaching a 3-part series of strength seminars for the bench press, deadlift & squat. Each 90-minute class will include 30-minutes of instruction, 30-minutes of analysis/assessment and 30-minutes of lifting. You will learn everything you need to know to help improve your workouts, set PR's and prevent injury!

Kickboxing clinic: Cailan White (Soar Above fitness) will be putting you through a high intensity workout that will get your heart rate kicking. It is a great total body workout that you will sculpt, tone, sweat, and have fun with! You will jab, knee, elbow, and kick your way to a great high calorie burning workout, that is sure to meet both your cardio & strength needs.

Beginner and Up

NEW Class! CQC Self defense: CQC is a modern blended Self-defense system, developed and created with one intention- to finish the confrontation and get home alive. It arms you with the skills to defend yourself by teaching proper body mechanics and use of leverage.

Satria: (Classes are 45-minutes) The SATRIA ARTS is an ancient and authentic martial art system, and a unique Yoga system. The roots of Satria are steeped in the Vedic culture and is a complete south-east Asian 'Warrior' fighting art; as taught the by late Guru Ma Prem and passed to co-founder Steven Benitez. All Satria Yoga postures are derived from the Satria Fighting Arts (SFA), so the natural body mechanics when practicing the postures, can also be used for self-defense, but trained without the combative element to it.

Boot Camp FUN-Damentals: Is where we build the foundations for the movements used in our higher-level boot camps. It's a step down from HIIT Boot Camp and the lightened loads and intensity allow for anyone to join in on the fun. It's also a good way to work up to the more intense and "heavier" HIIT & Outdoor Boot Camps. In any case, you can count on having fun and getting a great workout!

Mid-Level and Up

Power Boot Camp: Are you ready to take Boot Camp to the next level? This class is a great way to switch up your workout routine during the week and help achieve your fitness goals. Power Hour Boot Camp incorporates the fundamentals you learned in Boot Camp FUN-Damentals and continues to challenge your body by increasing the intensity level and exercise difficulties. This popular interval class continues to mix up body weight exercises with cardio and strength training to prepare you for HIIT Boot Camp.

Kettle Rope-X: Is not your typical circuit training you may have experienced in the past. This class focuses on using Kettle Bells, Battle Ropes, and TRX. By mixing these three styles you will incorporate Strength and Endurance training along with core stability to raise your heart rate to burn maximum calories. It is a great way to keep the body guessing and bring variety into your workouts during the week.

Next Level and Up

HIIT Boot Camp: Our "High Intensity Interval Training" Boot Camp class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and overall break through plateaus. We take pride in helping you reach your goals. Boot Camp is a demanding program but, because of this, you will see great results! We have high expectations for our participants and we go the extra mile to make sure that you are another Boot Camp Success!

Spin Cycle: This indoor group cycling class is a great low impact but high energy cardio workout! Simulated hill climbs, sprints and jumps will challenge you no matter what fitness level you are currently at – you'll reach the next level in this class. Spin cycle is an effective class for weight loss, cardiovascular endurance training and/or overall a fun cardio option.

4567 Washtenaw Ave, Ann Arbor 48108

www.byoungbfit.com or call us today at (734) 975-0984!