


Bay Area Athletic Club

WINTER 2012 Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
In Weight Room 7:10-7:50 am	Circuit		Circuit		Circuit		
In Fitness Room 8:00-9:00 a.m.	"Ab Attack"& Stretch		"Ab Attack"& Stretch		"Ab Attack"& Stretch		
8:30-9:15 am		PiYo					
9:00-10:00am							
9:15-10:15 am							
10:05-11:05am							
5:00-6:00pm		Vinyasa Flow Yoga					
5:15-5:55 pm							
5:10-5:50 pm			PiYo				
5:30-6:30 pm							
6:00-7:00pm							
6:30-8:00 pm							
7:00-8:00 pm							
7:10-7:55 pm							
Spinning AM	8:35-9:10am w/LISA						
Spinning PM	5:25-5:55pm w/Kat		5:25-5:55pm w/ Trinity				

Getting to know your classes...



Discover **results**, discover **Group Power**.
 This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and certified instructors! This class has simple, athletic movements such as squats, lunges, presses, and curls. Group Power is for all ages and fitness levels. Group Power is your hour of power!



Group Kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!

"Ab Attack"



Ten minutes of an abdominal workout followed by relaxing full body stretches. Working our core and increasing our flexibility. A great class to take after circuit training in the mornings.

Spinning



Come and join us for 35-45 minutes of an interval bike riding class. This awesome group workout that is excellent for cardio health and the lower body. It will enhance your speed, strength, and stamina. It will also improve your overall physical health and increase your calorie burn.

Circuit



Circuit Training in the weight room is designed to increase muscular & cardiovascular endurance by using a variety of machines. It is a 45-minute workout that includes warm-up and some stretching. Fantastic class for those of you wanting to increase lean muscle mass and have a fun time using the weight machines.

PiYo



PiYo offers beginning, mid, & advanced options to suit the participant. This class gives you an innovative, exciting new way to push your limits & gain more agility, & balance. This is a great class for core conditioning for those who want to sweat their way to sculpted abdominals and increase whole body strength.



The Zumba® Gold Fitness program is an innovative, fun and exciting program!
 The main difference between Zumba Gold and Zumba would be Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun!

Vinyasa Flow Yoga



This class connects movement and breath through various yoga postures that are harmonized through mindful breathing techniques. Working the body through resistance, this class can be practiced by any skill level.



Bay Area Athletic Club

985 Newmark Avenue
 Coos Bay, OR 97420
 541-888-5507
www.baacfitness.com

Club Hours

Monday-Friday...5:00am to 10:00pm Saturday...8:00am to 10:00pm
 Sunday...10:00am to 10:00pm

ALL GROUP FITNESS
 CLASSES ARE INCLUDED
 WITH MEMBERSHIP!

Punch Cards available
 10 visits for \$90.00 = \$9/visit
 20 visits for \$160.00=\$8/visit

Join the Party!!!

ZUMBA is a Latin-inspired, dance/fitness class that will get your pulse racing! Shimmy and shake your worries away in this fun and effective cardio class.