






















Bay Area Athletic Club

Summer 2010 Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:15 am	"Ab Attack" &		"Ab Attack" &		"Ab Attack" &		
7:15-7:50 am	Stretch w/Paula		Stretch w/Paula		Stretch w/Paula		
8:00-8:40 am In Weight Room	Circuit W/Paula		Circuit W/Paula		Circuit W/Paula		
8:10-9:10 am							
9:15-10:15am							
10:20-11:20am							
4:50-5:50 pm							
5:00-6:00 pm							
5:30-6:30 pm							
6:00-7:00pm							
6:30-7:30 pm							
7:10-7:55pm							
7:10-8:10pm				Vinyasa Flow Yoga w/Angie			
8:15-8:40ish pm							
Spinning PM Classes	5:25-5:55pm w/Kat			5:25-5:55pm w/ Nicole			

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 electrifying 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.



Yogalates(Temp on hold)

We are bringing you the best of both worlds, combining poses from both yoga and pilates. This is a very calming and strengthening method to slim and tone yourself.

Yoga (Temp on hold)



Yoga offers a series of postures and exercises practiced to lengthen and tone muscles, reduce stress, tension, and achieve control of the mind and body.



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 \$80.00 = \$8/visit
 20 visits for \$140.00 = \$7/visit

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!



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.