










Spring

Group Fitness Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am							
8:15-8:55 am		"AB ATTACK" & STRETCH w/ Paula		"AB ATTACK" & STRETCH w/ Paula		"AB ATTACK" & STRETCH w/ Paula	
9:00-10:00am						<i>Jazz Aerobics</i> w/Kelley	
9:15-9:45am Complete Core Conditioning							C ³ starting 4/19/08
10:00-11:00am							
5:30-6:30pm							
6:00-7:00 pm							
6:30-7:30pm							
7:20-7:50pm Complete Core Conditioning		C ³				C ³ starting 4/18/08	
Spinning pm court #2				Spinning 7:20-8:00 pm w/Joseph	Spinning 7:00-7:45 pm w/Joseph		
CIRCUIT TRAINING WEIGHT ROOM AM		Circuit 7:30-8:10 am w/Paula		Circuit 7:30-8:10 am w/Paula		Circuit 7:30-8:10 am w/Paula	
CIRCUIT TRAINING WEIGHT ROOM PM					Circuit 6:00-6:45 pm w/Joseph		

getting to know your classes



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

AB Attack/Stretch

Ten minute 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.



Hits all the areas of the midsection to burn fat and tone the muscles using sit-ups, Pilates, and Yoga techniques. An excellent class for beginners or pros; really anyone who wants to firm, chisel, and sculpt those abs you've been dreaming of.



JAZZAEROBICS

A full-body dance aerobics class designed to boost cardiovascular endurance, strength and flexibility, through a fusion of jazz dance, resistance training, pilates, yoga, and kickboxing movements.



SPINNING

Come and join us for this 45 minute interval bike riding class. An 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 caloric 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.

Bay Area Athletic Club

985 Newmark Avenue
Coos Bay, Oregon 97420
541.888.5507
www.baacfitness.com

Club Hours

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