

# Bay Area Athletic Club

985 Newmark Avenue  
Coos Bay, OR 97420  
541-888-5507

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

baacfitness@charterinternet.com

## Summer 2006 Group Fitness Schedule

AEROBICS

### Aerobic Schedule (Group fitness training downstairs in the aerobic room)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45am		spinning		spinning		9:00-10:15am Instructor's Choice  Every other week Check the Schedule Board	
7:00 - 7:45am	Stretch		Stretch		Stretch		
7:50 - 8:30am	Circuit		Circuit		Circuit		
9:00 - 10:15am	Step	Interval	9:00 - 9:45am Spinning Step	Interval			
11:00 - 12:15pm	Mid-Tempo		Mid-Tempo		Mid-Tempo		
4:20 - 5:20pm	Step	Dancing Thru The Core	Step	Flex Appeal	Step		
5:30 - 5:45pm	TAC		TAC				
5:50 - 7:30pm	Hatha Yoga		Hatha Yoga				
6:00 - 6:40pm	Circuit spinning		Circuit spinning				
6:00 - 7:00pm				Hip-Hop Dance			
7:00 - 7:40pm		spinning		spinning			
7:00 - 8:00pm		Hip-Hop Dance					

AQUACISE

### Aquacise Schedule (Group fitness training in the water)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 - 8:20am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	9:00am  Instructor's Choice	
8:25 - 9:25am	Hydrofit	Hydrofit	Hydrofit	Hydrofit	Hydrofit		
9:30 - 10:30am	Aquacise		Aquacise		Aquacise		
11:00 - 12:00pm		Aqua Fit		Aqua Fit			
11:30 - 12:30pm	Aqua Fun		Aqua Fun				
12:00 - 1:00pm		Aqua Fun		Aqua Fun			
2:00 - 3:00pm	Aqua Tone		Aqua Tone		Aqua Tone		
4:30 - 5:30pm	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
5:35 - 6:35pm		Pool Circuit		Pool Circuit			

### Pool Schedule Adult LAP Swim by reservation only Mon. - Fri. up to 2 days in advance

### CHILDREN UNDER AGE 13 MUST HAVE ADULT SUPERVISION - STATE LAW

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 7:15am	Adult LAP Swim	Adult LAP Swim	Adult LAP Swim	Adult LAP Swim	Adult LAP Swim	8:00-9:00am	10:00am - 2:00pm
9:45 - 11:00am		Adult LAP Swim		Adult LAP Swim		Adult LAP Swim	Adult LAP Swim
10:35 - 11:30am	Adult LAP Swim		Adult LAP Swim		Adult LAP Swim	10:20am - 2:00pm	
12:35 - 1:55pm	Senior Volleyball		Senior Volleyball		Senior Volleyball	Adult LAP Swim	
1:00 - 3:00pm		Therapy & Open Swim		Therapy & Open Swim		2:00 - 10:00pm	2:00 - 10:00pm
3:05 - 4:25pm	Adult LAP Swim	Adult LAP Swim	Adult LAP Swim	Adult LAP Swim	Adult LAP Swim	Open Swim	Open Swim
5:50 - 10:00 pm	Open Swim		Open Swim		Open Swim		
6:35 - 8:00pm	Swim Lessons		Swim Lessons				
6:35 - 10:00pm		Open Swim		Open Swim			

POOL