



May 2016: *BYBF Memberships include 1 FREE Personal Training session!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>BYBF Membership is only \$2.74/Class 35 total classes this month!</p>	<p>2</p> <p>Kettle Rope-X 6:30pm-Cailan</p>	<p>3</p> <p>Boot Camp FUN-Damentals 6:00am-Brian</p> <p>Spin Cycle 6:30pm-Nancy</p>	<p>4</p> <p>Athletic Conditioning and Performance 6:30pm-Adam</p>	<p>5</p> <p>HIIT Boot Camp 6:00am- Brian</p> <p>Power Hour Boot Camp 6:30pm-Cailan</p>	<p>6</p>	<p>7</p> <p>HIIT Boot Camp (Outdoor) 8:30am-Brian</p> <p>Boot Camp FUN-damentals (Outdoor) 12pm-Brian</p>
<p>8</p>	<p>9</p> <p>Kettle Rope-X 6:30pm-Cailan</p>	<p>10</p> <p>Boot Camp FUN-Damentals 6:00am-Brian</p> <p>Spin Cycle 6:30pm-Nancy</p>	<p>11</p> <p>Athletic Conditioning and Performance 6:30pm-Adam</p>	<p>12</p> <p>HIIT Boot Camp 6:00am- Brian</p> <p>Power Hour Boot Camp 6:30pm-Cailan</p>	<p>13</p>	<p>14</p> <p>HIIT Boot Camp (Outdoor) 8:30am-Brian</p> <p>Boot Camp FUN-damentals (Outdoor) 12:00pm-Brian</p>
<p>15</p>	<p>16</p> <p>Kettle Rope-X 6:30pm-Cailan</p>	<p>17</p> <p>Boot Camp FUN-Damentals 6:00am-Brian</p> <p>Spin Cycle 6:30pm-Nancy</p>	<p>18</p> <p>Athletic Conditioning and Performance 6:30pm-Adam</p>	<p>19</p> <p>HIIT Boot Camp 6:00am- Brian</p> <p>Power Hour Boot Camp 6:30pm-Cailan</p>	<p>20</p>	<p>21</p> <p>HIIT Boot Camp (Outdoor) 8:30am-Brian</p> <p>Boot Camp FUN-damentals (Outdoor) 12:00pm-Brian</p>
<p>22</p>	<p>23</p> <p>Kettle Rope-X 6:30pm-Cailan</p>	<p>24</p> <p>Boot Camp FUN-Damentals 6:00am-Brian</p> <p>Spin Cycle 6:30pm-Nancy</p>	<p>25</p> <p>Athletic Conditioning and Performance 6:30pm-Adam</p>	<p>26</p> <p>HIIT Boot Camp 6:00am-Brian</p> <p>Power Hour Boot Camp 6:30pm-Cailan</p>	<p>27</p>	<p>28</p> <p>HIIT Boot Camp (Outdoor) 8:30am-Brian</p> <p>Boot Camp FUN-damentals (Outdoor) 12:00pm-Brian</p>
<p>29</p>	<p>30</p> <p>Kettle Rope-X 6:30pm-Cailan</p>	<p>31</p> <p>Boot Camp FUN-Damentals 6:00am-Brian</p> <p>Spin Cycle 6:30pm-Nancy</p>				

Unlimited Monthly Membership \$96.00

8 Group Fitness Classes \$80.00

4 Group Fitness Classes \$48.00



Your First Class is FREE!!!

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

Beginner and Up

Boot Camp FUN-Damentals: Is where we build the foundations for the movements used in our 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 Boot Camp. In any case, you can count on having fun and getting a great workout! *(Saturday classes will be held outdoor when weather permits)*

Athletic Conditioning and Performance: Is a class that helps you tap into your inner athlete! Join us for a fast-paced, high-intensity workout where we focus on explosive and power based movements to make you faster, stronger and better conditioned for both daily life and extracurricular activities. At the end of each workout we will focus on mobilizing specific body parts to unleash that athleticism we just worked toward and keep our bodies primed for the next day/workout.

Mid-Level and Up

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 to get that full body burn you are looking for. 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.

Power Hour 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. **Class limited to 10 spots!**

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! *(Saturday classes will be held outdoor when weather permits)*

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. **Pre-registration required**

4567 Washtenaw Ave, Ann Arbor 48108

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