

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <b>HIIT Boot Camp</b> 8:30am-Brian
2	3 <b>Kettle Rope-X</b> 6:30pm-Cailan	4 <b>Boot Camp FUN-Damentals</b> 6:00am-Brian <b>Spin Cycle</b> 6:30pm- Nancy	5 <b>BOSU Core</b> 6:00pm-Brian	6 <b>HIIT Boot Camp</b> 6:00am- Brian <b>Power Hour Boot Camp</b> 6:30pm-Cailan	7	8 <b>NO HIIT Boot Camp</b>  NPC Central States (Adam & Alex's competition)
9	10 <b>Kettle Rope-X</b> 6:30pm-Cailan	11 <b>Boot Camp FUN-Damentals</b> 6:00am-Brian <b>Spin Cycle</b> 6:30pm- Nancy	12 <b>BOSU Core</b> 6:00pm-Brian	13 <b>HIIT Boot Camp</b> 6:00am- Brian <b>Power Hour Boot Camp</b> 6:30pm-Cailan	14	15 <b>NEW SPECIAL EVENT!</b> Cardio Kickboxing Clinic 8:30-10:00am
16	17 <b>Kettle Rope-X</b> 6:30pm-Cailan	18 <b>Boot Camp FUN-Damentals</b> 6:00am-Brian <b>Spin Cycle</b> 6:30pm- Nancy	19 <b>BOSU Core</b> 6:00pm-Brian	20 <b>HIIT Boot Camp</b> 6:00am- Brian <b>Power Hour Boot Camp</b> 6:30pm-Cailan	21	22 <b>SPECIAL EVENT!</b> "Bottom's Up" the Body Experience 8:30am-9:30am
23	24 <b>Kettle Rope-X</b> 6:30pm-Cailan	25 <b>Boot Camp FUN-Damentals</b> 6:00am-Brian <b>Spin Cycle</b> 6:30pm- Nancy	26 <b>BOSU Core</b> 6:00pm-Brian	27 <b>HIIT Boot Camp</b> 6:00am- Brian <b>Power Hour Boot Camp</b> 6:30pm-Cailan	28	29 <b>New You &amp; BYBF MONSTER BOOT CAMP @ 8:30am - Eddie &amp; Brian</b>
30	31 <b>Kettle Rope-X</b> 6:30pm-Cailan					

4567 Washtenaw Ave, Ann Arbor 48108

[www.byoungbfit.com](http://www.byoungbfit.com) or call us today at (734) 975-0984!

Unlimited Monthly Membership \$96.00

8 Group Fitness Classes \$80.00

4 Group Fitness Classes \$48.00



Your First Class @ BYBF is **FREE!!!**

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

**SPECIAL EVENTS – Registration required & special pricing applies....visit [www.byoungbfit.com](http://www.byoungbfit.com)**

**Cardio kickboxing clinic:** Cailan White (Soar Above fitness) will be putting you through a high intensity workout that will get your heart rate kicking. It is a great total body workout that you will sculpt, tone, sweat, and have fun with! You will jab, knee, elbow, and kick your way to a great high calorie burning workout, that is sure to meet both your cardio & strength needs.

**Bottom's Up Ultimate butt workout:** Eddie Brooks (New You Personal Training) is back with his 2<sup>nd</sup> edition of this popular class. Exercises will include resistance bands, calisthenics, plyometric and free weights all geared towards kicking your butt...literally! You will also learn how to target your glutes and take home exercises that you can do on your own. I hope you don't mind being sore – because it's a guarantee in this 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 outdoors when weather permits)*

**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.

**Mid-Level and Up**

**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.

**NEW CLASS! BOSU Core:** Core strength is the foundation for every progression that you make in fitness including getting faster, stronger & preventing injury! This class will teach you how to engage all of your core muscles including your "abs" but also your pelvic floor and deep inner core muscles that will give you better control in even daily/functional activities in your life. We will use the BOSU ball along with other equipment to effectively target your midsection and introduce you to muscles that you never knew you even had.

**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 outdoors when weather permits)*

**New You & BYBF Monster Boot Camp:** 1x per month our partner and independent trainer Eddie Brooks (owner of New You Personal Training LLC) and BYBF owner Brian Young join forces to offer an amazing Boot Camp class with unmatched energy, new & challenging exercises as well as an opportunity to meet people that you may not usually see. The unique 2-instructor class format allows both individualized attention & motivation as well as the usual energy and instruction that all of our classes have. Bring a friend, family member and/or co-worker and share the FUN!

4567 Washtenaw Ave, Ann Arbor 48108

[www.byoungbfit.com](http://www.byoungbfit.com) or call us today at **(734) 975-0984!**