



FEBRUARY 2020

515 Adams Street, Suite 3, Midtown Bay City, 48708 www.bcfitco.com

Drop in classes are \$7 unless purchased as a Punch Card

Space is limited for the indoor cycling class, 'CYCOLOGY'. Bikes are first come, First serve, unless prepaid & reserved.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Watch www.bcfitco.com For Special Events	12:15 Lunch Lift 5:30pm 30/20/10 (STRONG/Lift/Stretch)	6:15am Lower Body 5:15pm Tap 6:00pm WERQ	6:15am Upper Body 12:15pm Lunch Lift 5:30pm 30/20/10 (CYCOLOGY/RIP 60/Core)	6:15am CYCOLOGY 5:30pm Cardio Drum X	8:30am 6 PACK	8:30am Michelle's Mercy! Also, follow W4DIVAS.com for the Weekend class offerings!

Listen to W4DIVAS.com for on-air exercise & nutrition programs!
 Also watch for special Art Gathering events!