



# **OCTOBER 2020**

515 Adams Street, Midtown Bay City, 48708 [www.bcfitco.com](http://www.bcfitco.com)

**OCTOBER FIT CAMP may be purchased as an ALL INCLUSIVE PACKAGE ~ \$60**

**Drop in classes are \$10 . Punch cards are available ~ 10 classes for \$75**

Space is limited for all 'in studio' class attendance and should be reserved in advance. Any class available on ZOOM or FB LIVE (FBL) will be designated so.

Note fees for Special Events and ZOOM content.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Go to <a href="http://www.bcfitco.com">www.bcfitco.com</a> Or follow us on <b>Base Camp Fitness Group Page</b> For Video workout content, printable schedule and more!	<b>6:45am</b> Mobility Monday (FBL only)  <b>6:00pm</b> 30/30 STRONG™ 30 WERQ™ 30 (Studio/ZOOM)	<b>6:45am</b> FIT CAMP  <b>6:00pm***</b> 'TaTa Tuesday' (Studio/ZOOM) These classes are NOT included for October Fit Camp Fee	<b>6:45am</b> FIT CAMP  <b>6:00pm</b> FIT CAMP	<b>6:45am</b> STRONG™ 45 (Studio only)  <b>6:00pmpm</b> FIT CAMP	<b>9:00am</b> CYCOLOGY (Studio only)	<b>8:30am</b> Michelle's Mercy! (Studio/FBL)

At this time, we are continuing to do as many outdoor workouts as weather permits. Dress appropriately.

In certain weather instances, watch the FB Group page for instructions.

For severe weather, you will have online options including stay home FB LIVE< ZOOM or printed Home Work

**Watch the FB GROUP page for updates day to day.**