

BEVERLY ATHLETIC CLUB



#hiitbac

BAC H.I.I.T. SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
5:30 AM		BAC H.I.I.T. - 45		BAC H.I.I.T. - 45	BAC H.I.I.T. - 45		
6:00 AM		5:45 AM		5:45 AM	5:30 AM		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							BAC H.I.I.T. - 45
8:30 AM							7:30 AM
9:00 AM					BAC H.I.I.T. - 30		
9:30 AM	BAC H.I.I.T. - 45	BAC H.I.I.T. - 45	BAC H.I.I.T. - 45	BAC H.I.I.T. - 45	8:30 AM	BAC H.I.I.T. - 45	
10:00 AM	9:30 AM	9:30 AM	9:35 AM	9:30 AM		9:00 AM	
10:30 AM							
11:00 AM							
11:30 AM							
Noon							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	BAC H.I.I.T. - 45		BAC H.I.I.T. - 45		BAC H.I.I.T. - 45		
4:30 PM	4:00 PM		4:00 PM		4:00 PM		
5:00 PM		BAC H.I.I.T. - 45		BAC H.I.I.T. - 45			
5:30 PM	BAC H.I.I.T. - 30	5:15 PM	BAC H.I.I.T. - 45	5:15 PM			
6:00 PM	5:30 PM	BAC H.I.I.T. - 45	5:30 PM	BAC H.I.I.T. - 45			
6:30 PM		6:05 PM		6:05 PM			
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

H.I.I.T BAC is a 30 or 45 minute workout that will challenge you with short, high intensity efforts using a variety of body weight, strength, cardio and core exercises. Interval Training has been proven to burn more calories than traditional strength training and steady state cardio. This Instructor lead, safe and effective, workout can be adjusted for all fitness levels. Although not required, participants using a MyZone Heartrate belt will achieve their best results.

For more information, please email hiit@beverlyathletic.com

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YOUR COMMUNITY, YOUR CLUB!

