

BEVERLY ATHLETIC CLUB

FITNESS BY THE POND

LOCATED OUTSIDE OF BAC EXPRESS, 600 CUMMINGS CENTER

This Annual Fall Series of Fun and invigorating community classes is sponsored by the **Beverly Athletic Club**. These classes are **FREE for the community** so grab your sneakers, water and a friend and enjoy some great exercise in great surroundings! **#yourcommunityyourclub**

MONDAY, SEPTEMBER 18TH - HIIT THE GLUTES AT 5:30 PM WITH JARRID

Want to tone your glutes and core while having a ton of fun doing it? Get a gut busting, booty burning, energetic and exciting workout! This class is part of the BAC Group Ex schedule and is included in membership.

MONDAY, SEPTEMBER 25TH - CORE CIRCUIT AT 5:30 PM WITH LUIS

This class is designed to engage and ignite your core while supporting you through a full body workout. This circuit will boost your metabolism resulting in a prolonged calorie burn! This class is offered as a fee-based program.

MONDAY, OCTOBER 2ND - CARDIO KICKBOXING AT 5:30 PM WITH SARAH

This class provides a total body workout that targets core strength and balance for all ages and abilities. Participants work with a partner, practicing kicks, punches, and self-defense strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility. This class is part of the BAC Group Ex schedule and is included in membership.

MONDAY, OCTOBER 9TH - ZUMBA AT 5:30 PM WITH ALEJANDRO

The class that started the dance-fitness revolution and changed the way we look at "workout" forever! Dance to great music, with great people and burn a ton of calories without even realizing it! It's fun, effective and best of all, made for everyone! This class is part of the BAC Group Ex schedule and is included in membership.

MONDAY, OCTOBER 16TH - STRENGTH & STRETCH AT 5:30 PM WITH KIERAN

This class is a slow moving class which aims to work on your inner strength by mobilizing and stretching your entire body. This class will target every muscle group while maintaining proper posture and technique. This class is offered as a fee-based program.

SCAN THE QR CODE BELOW TO LEARN MORE ABOUT FALL FITNESS IN THE PARK AT ODELL PARK THIS FALL

A FREE COMMUNITY EVENT



#bacstrong
YOUR community club

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SCAN ME