



BAY CLUB NEWS WINTER 2017



UPDATED AND EXPANDED STUDIO ZEN

Bay Club's Studio Zen has undergone a major transformation! The new space is almost double the footprint, and includes high ceilings, beautiful new floors, updated equipment and a new large window inviting natural light into the space. Not only has the space grown, so has the current offerings in Studio Zen! Check out our updated schedule for a list of classes including Ashtanga, Yin, Vinyasa Yoga, and Barre Dia.

WELCOME OUR NEW
FRONT DESK STAFF,
CHRIS AND MATTHEW!



Chris Lalos works at the front desk and helps with maintenance work, including towels and housekeeping. Chris is a musician with a passion for traveling, and is here in Portland to "build the dream". Matt works at the front desk as well, and believes in using fitness to better himself every day. As a veteran he looks to promote speed and strength based workouts that he can improve upon.

BODY PUMP GLOBAL LAUNCH 100



CALL AHEAD ON FRIDAYS TO SIGN UP FOR OUR NEW! 2ND BODY PUMP CLASS ON SATURDAY MORNINGS WITH JULIE 9:30-10:30AM

CLASS UPDATES

CXWORX: Fridays with Gretchen 6:15-7:00am

Barre Dia CORE: 45 min Wednesdays with Erin at 11:30am

Vinyasa Yoga: Sundays with Rebecca 9:30-10:30am

Turbo X45: 45 min Wednesdays at 5:30pm with Erin

Pilates Now in Studio Zen: Mondays with Morgan 11:30-12:30pm

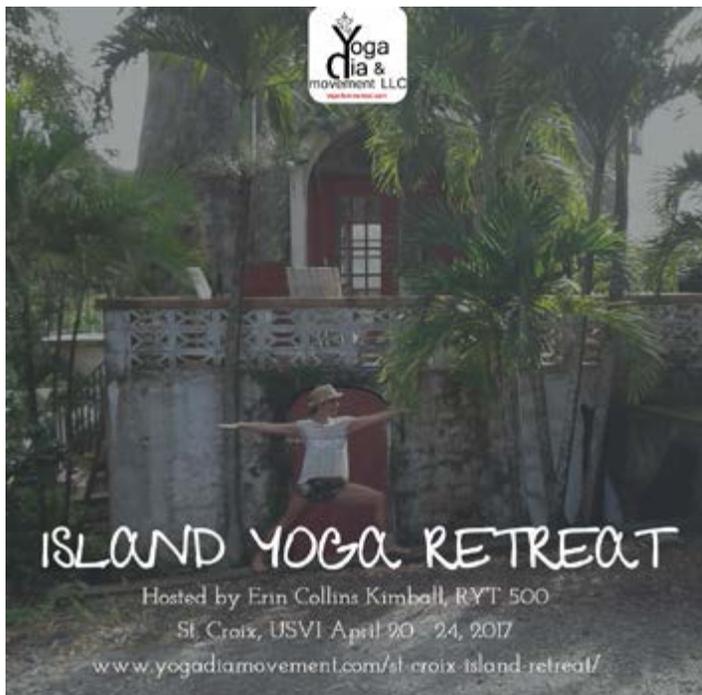
Evening Spin: Thursdays with Sam 5:30pm

Rhythm Ride: Tuesday night with Rebecca 5:30pm and Friday lunch with Lindsey 12:00pm

Happy Hour Vinyasa Yoga: Fridays with Stephen 5:30pm

Winter Got You Down?
Try a New Class!

In other news...



Join Erin on this once-in-a-lifetime experience! She will be leading an island yoga retreat this April on the beautiful island of St. Croix, USVI. Check her website for details, or ask her when you see her around the club!

LOVING OUR PEPPERMINT BARK SMOOTHIE SPECIAL? We are too! Due to it's popularity, the Peppermint Bark Smoothie is going to be added to our permanent menu! Although it tastes like dessert, this recipe is packed with protein and nutrients! Superfood spirulina is one of our featured ingredients, as well as digestion-aiding peppermint extract!

Not into smoothies? Try Kombucha, our latest obsession! We're now selling both raspberry & mango guava.

THIS MONTH'S INSTRUCTOR SPOTLIGHT IS *Adam!*



ADAM TEACHES SPIN ON THURSDAYS AT NOON,
COME SEE WHY WE LOVE HIM!

Get to know Adam a little better by learning some of his favorite things!

What's your favorite workout activity? Always the next one; however, I really love spinning to great music with strong riders who encourage each other.

What's your favorite Portland restaurant? Bayside American Café for breakfast, and The Front Room for dinner.

What are 3 things you can't live without? Oxygen (see favorite workout activity), music, and water (lake and ocean).

What are your favorite current movie, book and song? Book: *Into Thin Air* by Jon Krakauer; find a copy if it's on your 'always wanted to read that' list. Movie: *Into The Wild*, tragic ending but strong reminder to live free and in the present. Music: *Into the Wild* soundtrack by Eddie Vedder always makes me smile.

WE'VE GOT NEW INSTRUCTORS!



STEPHEN KIRSH
TUESDAY: VINYASA YOGA
FRIDAY: HAPPY HOUR VINYASA



REBECCA KINGSLEY
MONDAY: BARRE DIA
TUESDAY: RHYTHM RIDE
SUNDAY: VINYASA YOGA



LINDSEY LARSEN-MYER
FRIDAY: RHYTHM RIDE
NEW BARRE DIA TEACHER



WELCOME BARRE DIA LADIES!

Erin Collins Kimball hosted her first Barre Dia Teacher Training in January, and now Bay Club has a handful of lovely new Barre Dia teachers! Join them at their new Sunday morning Community Barre Dia class, drop-ins for non-members are only \$10, so bring a friend!

WE'LL MISS YOU, GRETCHEN!



Gretchen will be leaving Bay Club at the end of March to go hiking and traveling! Although we are so excited to hear about her new adventure, we will miss her dearly. She has been a committed member of our team, and has helped us to keep Portland strong with her CXWORX, Body Attack, and Combat classes.

On another note...

INTERESTED IN A CORPORATE MEMBERSHIP? Bay Club offers corporate rates to qualifying members. Do you and your coworkers want to work out at Bay Club at a discounted rate? Email Erin to find out how to set up a corporate membership for your company!
erinczen@gmail.com

BAY CLUB IS GOING PAPERLESS!

Bay Club is implementing a new system that will allow us to manage the club, member files and reports all online. This system will also allow members to manage their information online on their own member portal, including editing billing information, viewing and printing usage/payment history, and paying balances online. Members will be able to sign up for classes online, and see when changes are made to a class, such as subs or cancelations. Those who work with personal trainers can schedule and pay online, and new members will sign up at a desktop kiosk, streamlining the membership agreement process. These are just a few examples of how your membership experience will be improved, and we are so excited to take this step towards becoming a more modern, eco-friendly establishment! More information will be provided soon!



NEW APPAREL

We've got new ladies' tanks! Looser fitting, locally screen-printed, and flattering on all shapes and sizes! Sport our Bay Club logo in this easy-breathing eco-cotton tank! Men's tshirts and shorts still available in original style.

Bay Club Class Schedule Effective 2/15/17

Studio Zen						
SUN	MON	TUE	WED	THU	FRI	SAT
						Barre & Tone 8:30-9:20am Anne
Vinyasa Yoga 9:30-10:30am Rebecca		Barre Dia 11:30-12:25pm Erin	Barre Dia CORE 11:30-12:15pm Erin	Barre Dia 11:30-12:25pm Erin	Barre & Tone 11:30-12:25pm Anne	Yoga for Athletes 9:30-10:30am Brett
Community Barre Dia 10:30-11:30am Rotating	Pilates 11:30-12:25pm Morgan	Vinyasa Yoga 12:30-1:30pm Stephen	Vinyasa Yoga 12:30-1:30pm Bethany	Comp. Mobility 12:30-1:30pm Brett	Yin Yoga 12:30-1:30pm Sabina	
	Barre & Tone 5:30-6:30pm Rebecca	Heated Vinyasa 5:30-6:30pm Erin	Barre & Tone 5:30-6:30pm Sandy	Ashtanga Vinyasa 5:30-6:30pm Erin	Happy Hour Vinyasa 5:30-6:30pm Stephen	
Studio Cycle						
SUN	MON	TUE	WED	THU	FRI	SAT
		Studio Cycle 6:00-6:45am Sam			Studio Cycle 6:00-6:45am Sam	
	Cycle Revival 12:00-1:00pm Matt	Studio Cycle 12:00-1:00pm Chaya	Studio Cycle 12:00-1:00pm Stephanie	Studio Cycle 12:00-12:45pm Adam	Rhythm Ride 12:00-1:00pm Rebecca	
		Rhythm Ride 5:30-6:30pm Rebecca		Evening Spin 5:30-6:30pm Sam		
Group Fitness						
SUN	MON	TUE	WED	THU	FRI	SAT
	Attack & CXWORX® 6:00-7:00am Gretchen	CXWORX® 6:45-7:15am Julie	BodyPump® 6:00-7:00am Julie	BodyAttack® 6:15-7:00am Gretchen	CXWORX® 6:45-7:30am Julie	
	Tabata Cross 8:00-9:00am Kristin		Tabata Cross 8:00-9:00am Kristin			BodyPump® 8:30-9:30am Julie
	All-in-One 11:00-11:30am					BodyPump® 9:30-10:30am Julie
	SHINE Dance 11:30-12:15pm Rachel	Tabata Cross 12:00-1:00pm Kim	BodyPump® 12:30-1:30pm Julia		BodyPump® 12:30-1:30pm Stephanie	*All boxes in BLUE are Small Group Personal Training additional fee applies.
	BodyPump® 12:30-1:30pm Stephanie	Small Group Training 1:15-2:00pm		Small Group Training 1:15-2:00pm		
	Combat/CXWORX® 5:30-6:30pm Gretchen	BodyPump® 5:30-6:30pm Pawel	Turbo X45 5:30-6:15pm Erin	BodyPump® 5:30-6:30pm Julia		

DON'T FORGET TO CHECK OUT OTHER EVENTS AROUND ONE CITY CENTER, INCLUDING...

Open the Door to Lifelong Health

Learn How to Optimize the Human Body's Potential



Dr. Tom Acklin is an integrative Neurologist who hasn't written a prescription in ten years! He is a holistic neurologist, mind-body specialist, yoga teacher, writer and community builder and refers to himself as a "recovering neurologist" since Univera gave him the most powerful tool he has to offer.

Come find out how you can benefit from this powerful tool.

univera.
INDEPENDENT ASSOCIATE

Do you have the energy and resources to handle life with vigor & vitality? When you create metabolic fitness/cellular efficiency your mind and body operate at full capacity - working for you instead of against you. Join us for an enlightening conversation with our esteemed and engaging Regenerative Nutrition Specialist, Dr. Tom Acklin.

When: Sunday, March 5, 2017 @ 2 pm

Where: 1 City Center, Portland,
Burt Fisher Conference Room

To Register: Call Anne Moreau 207-240-1995

BAY CLUB AND ANIMAL REFUGE LEAGUE'S ANNUAL

FITNESSTHON & OPEN HOUSE

SUPPORT YOUR FURRY FRIENDS!



Bay Club Fitness and the Animal Refuge League of Greater Portland invite you to a day of fun, fitness, and helping animals!

Bay Club members and non-members are welcome, and we will announce the full schedule for the day ASAP.

WHEN 🐾 SATURDAY, MARCH 4TH FROM 10:00AM-4:30PM

WHERE 🐾 BAY CLUB FITNESS, ONE CITY CENTER, PORTLAND

CLASSES 🐾 SPIN, BARRE, BODY-PUMP, CXWORX, KICKBOX, YOGA

PRICE 🐾 \$10 MINIMUM DONATION FOR PARTICIPATION



BAY CLUB
FITNESS

KEEPING PORTLAND
STRONG FOR OVER
25 YEARS

FOLLOW US ON SOCIAL MEDIA!

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 Bay Club Health

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