

# #LiveGrateful



We are grateful for everything that Bay Athletic Club has created in our lives and yours. It has truly changed our community and created a healthy movement! This month we are showing the love to Bay Athletic Club members with our annual #LiveGrateful campaign. Get in on the experience with any or all of the gifts below! We hope we inspire you to #LiveGrateful!

--TEAM BAC

## Our Annual Show the Love Campaign:

### All BAC Members Get These Sweet Gifts!

1. Bring a friend for free! One BAC guest pass valued at \$10.
2. One free Shakeology on us. Enjoy a healthy, nutrient dense meal.
3. One free URBAN TRAIN 30 session. ➡ ➡ ➡ ➡ ➡ ➡

Want the energy of a group with the added benefit of personalized coaching from a certified trainer? We have your solution. Our all new 30-minute small group training sessions (3-6 people) offer the best of both worlds. Why choose small group training? Work on your form and technique, get specific coaching and motivation for your goals, learn new moves and try new fitness tools to keep your routine fresh. And most of all? Results. This is world-class personal training without the price tag! We have THREE levels to choose from in this introductory offer.

This free session will give you a sneak peek of our new program launching in September. You'll get the coaching benefit of personal training without the high cost. Sessions will be just \$12.50 per session (\$50 for 4).

Level 1 — Newer to fitness, new to Bay Urban. Learn to master the fundamentals in a controlled setting. No impact, all levels.

Level 2 — Moderate fitness level, has experience at Bay Urban. Progress to more challenging movements.

Level 3 — Advanced fitness level, has experience at Bay Urban. Challenge yourself at a whole new level.

*Brand New!*



Tag us at Facebook.com/BayAthleticClub and use #LiveGrateful.