

# FUNCTIONAL TRAINING

## STRENGTH & CONDITIONING

For more information on BAC Functional Training and Adult Programs please contact,  
Michael Donnellan, Fitness Director at [mdonnellan@beverlyathletic.com](mailto:mdonnellan@beverlyathletic.com)

### BEVERLY ATHLETIC CLUB

7 Reservoir Road, Beverly MA 01915  
(978) 927-0920

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>SESSION DATES</u>	<u>INSTRUCTORS</u>
Women On Weights	Monday & Wednesday	5:45-6:45 AM	July 5th - Aug 27th	Mike Damico/Mike Donnellan
Women's Circuit Training	Monday	6:00-7 PM		Mike Damico
Smart Group Training	Monday	5:00-6 PM		Mike Weisman
Women On Weights	Tuesday & Thursday	9:30-10:30 AM		Justin Cammarata
Men At Work	Tuesday & Thursday	6:00-7 AM		Chris Fontaine
Tabata	Tuesday	5:30-6:30 PM		Justin Cammarata
Power 60	Wednesday	5:30-6:30AM		Alex Johnson
Circuit Training	Wednesday	5:30-6:30PM		Aly Hakioglu
Women's Circuit Training	Wednesday	6:30-7:30 PM		Mike Damico
Pool to Pavement	Wednesday	7:00-8 PM		Chris Fontaine
Boxing	Thursday	5:00-6 PM		Chris Fontaine
Smart Group Training	Friday	6:00-7 AM		Mike Weisman
Power 60	Friday	9:00-10 AM		Alex Johnson
Obstacle Course Training	Saturday	8:00-9 AM		Chris Fontaine
Tabata	Saturday	9:00-10 AM		Aly Hakioglu

### BEVERLY ATHLETIC CLUB - EXPRESS

600 Cummings Center, Beverly MA 01915  
(978) 927-0921

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>SESSION DATES</u>	<u>INSTRUCTORS</u>
Running Club	Monday	5:30-6:30 PM	July 5th - August 27th	Billy Jenkins
Circuit Training	Tuesday	12:00-12:45 PM		Billy Jenkins
Circuit Training	Thursday	6:00-7 PM		Billy Jenkins

*Please review program descriptions on the back.*

BEVERLYATHLETIC.COM

