

FUNCTIONAL TRAINING

STRENGTH & CONDITIONING

For more information on BAC Functional Training and Adult Programs please contact,
Michael Donnellan, Fitness Director at mdonnellan@beverlyathletic.com

BEVERLY ATHLETIC CLUB

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

CLASS	DAY	TIME	SESSION DATES	INSTRUCTORS
Women On Weights	Monday & Wednesday	5:45-6:45 AM	March 13th - May 6th	Mike Damico/Mike Donnellan
Women's Circuit Training	Monday	6:00-7:00 PM	March 13th - May 6th	Mike Damico
Tabata	Monday	9:30-10:30 AM	March 13th - May 6th	Justin Cammarata
Women On Weights	Tuesday & Thursday	9:30-10:30 AM	March 13th - May 6th	Justin Cammarata
Men At Work	Tuesday & Thursday	6:00-7:00 AM	March 13th - May 6th	Chris Fontaine
Kinstretch	Tuesday	6:30-7:30 PM	March 13th - May 6th	Brandon LaVack
Tabata	Tuesday	5:30-6:30 PM	March 13th - May 6th	Justin Cammarata
Power 60	Wednesday	5:30-6:30 AM	March 13th - May 6th	Alex Johnson
Kinstretch	Wednesday	10:30-11:30 AM	March 13th - May 6th	Brandon LaVack
Circuit Training	Wednesday	5:30-6:30 PM	March 13th - May 6th	Aly Hakioglu
Women's Circuit Training	Wednesday	6:30-7:30 PM	March 13th - May 6th	Mike Damico
Women Gone Strong	Wednesday	7:00-8:00 PM	March 13th - May 6th	Chris Fontaine
Women's Full Body Strength	Thursday	8:00-9:00 AM	March 13th - May 6th	Aly Hakioglu
Smart Group Training for Men	Thursday	6:30-7:30 PM	March 13th - May 6th	Mike Weisman
Power 60	Friday	9:00-10:00 AM	March 13th - May 6th	Alex Johnson
Circuit Training	Saturday	8:00-9:00 AM	March 13th - May 6th	Aly Hakioglu
Circuit Training	Saturday	9:00-10:00 AM	March 13th - May 6th	Aly Hakioglu
Kinstretch	Saturday	9:00-10:00 AM	March 13th - May 6th	Brandon LaVack
Kinstretch	Sunday	10:00-11:00 AM	March 13th - May 6th	Brandon LaVack

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

CLASS	DAY	TIME	SESSION DATES	INSTRUCTORS
Circuit Training	Tuesday	5:30-6:30 PM	March 13th - May 6th	Tyler Kelleher

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FUNCTIONAL TRAINING

Please review program descriptions on the back.

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