



AUGUST 2017 • • •

#### Club Hours

Monday-Friday, 5AM-11PM

Saturday, 7AM-7PM

Sunday, 8AM-6PM

## The Miracle of Small Group Training

By Matt Schifferle, Elite Personal Trainer

Think about all of the benefits of small group training (SGT) and the word miracle springs to mind. The number of benefits it can provide is massive! People who attend end up working out smarter, harder, more frequently and much longer.

#### #1- Brings social support and community

It's like belonging to a special club. Groups are made up of like-minded folks looking for the same results. Now you have a complete entourage to help guide and support you.

#### #2- Get personalized instruction

Since classes top out at 5-6 people you won't get generic instructions shouted out. With SGT you'll be able to directly ask the instructor questions about your specific needs and receive specific feedback for your personal challenges.

#### #3- Learn both new exercises and workout styles

You should be making progress towards your goal every week without exception. It's a high expectation, and can be met as long as you keep learning something new every few days. You learn new exercises and workout styles each week and better ways to progress the basic exercises. Nothing produces results like learning how to do classic exercises better and better.

#### #4- Keep your workouts consistent

Lack of consistency is the #1 reason for failing to reach a weight loss or fitness goal. Knowing that you have a workout scheduled and people counting on you will keep you on track when life gets hectic.

#### #5- Fraction of the cost

Nothing beats the effectiveness of 1-on-1 training, but SGT can offer very similar benefits at a fraction of the cost. This makes it the ideal supplemental program for your training plan and personal workout.

At the end of the day, you get massive benefits you simply cannot gain by working out solo, while saving time, money and effort. It will help you grow and develop as an athlete and a fitness enthusiast much faster than just going through the same old routine.

After all, nothing feels more miraculous than looking back and realizing how far you've come in such a short period of time.

# HOTTER than EVER

August 1-31

## 5 Small Group Training Sessions for \$99\*

(20% Savings!)

\*First time clients only

#### Self Defense Workshop for Women Thursday, August 3, 6-8PM

Interactive program for women 14+ on key areas of self-defense. Cost is \$35 for members, \$40 non-members.

#### Heated Vinyasa Flow Yoga Sundays, 4PM

Power poses and heated room (78 degrees) to increase your intensity.

#### Community Yoga Sunday, August 20, 12PM

\$5 non-member fee

#### Barre Poolside Wednesday, August 30, 6:30PM

Come celebrate guest instructor Jason Williams for a barre poolside.

# OPPORTUNITIES TO ENGAGE

Register now for Harford Dance Center. Beginners to advanced students welcome!



It is not too late to come to OutBAAC Summer Camp!

**School Starts  
Tuesday, September 5**

Register now for BAACpack Before and After School Program for your child. Call 410.838.2670 ext. 298 for more information.

**Calling all swimmers!**

The year round swim team is accepting registration for the 2017-2018 swim season. Go to [www.swimbaac.com](http://www.swimbaac.com) for information on evaluations and registration.

**Swim lessons  
August 14-24  
Monday –Thursday**  
All levels welcome!

## Get Your Child Up and Moving!

by Cheryl Spath

We all wait for summer to arrive and then it is over before we know it. School will be back in session soon and after school activities for children begin again in earnest. There has been a lot of information and studies about children's health, rising obesity levels and the benefits of physical activity for children. The biggest, common sense take away from everything we have learned is this: include activity in children's everyday lives. For some children that means involving them in organized team sports while others might enjoy more individual forms of activity such as swimming, dance or martial arts. Children should be given an opportunity to try a variety of physical activities. Some they won't stick with for very long but there might be that one special activity that becomes their passion and leads to enjoyment throughout their lives.

The Bel Air Athletic Club has a variety of activities for children as young as three to participate in and enjoy. BAACyard Clubhouse classes

for members offer children an opportunity to get physical activity through non competitive, cooperative play. Other programs appeal to a wide variety of interests that members and nonmembers can enjoy. The BAAC Swim Team is a year round program, registered with USA Swimming; for children age 5 and up, from the beginner swimmer to the most competitive and skilled athlete. The mission of the team is to provide an environment where student-athletes are becoming better people—in the pursuit of excellence. Harford Dance Center offers children a variety of dance forms, including ballet, tap, jazz, contemporary, lyrical, modern and new for 2017, acro that develop balance, strengthen core muscles and provide a great aerobic activity. Hupkwondo Martial Art encourages self-control and respect while teaching self-defense at the same time children get great exercise. We encourage all families to get up and get active!

