

# December Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CANDY CANE CRUSH!</b> Holiday Workout Challenge  <i>Can you complete 20 workouts in 31 days?</i> Free to join   Stay committed through December   PRIZES			<b>Drop 2 Sizes 2018</b> FREE Kick-Off Seminars Dec. 29th @6pm; Dec.30th @9:30am  8-week transformation program for men and women. Nutrition, Workouts, Accountability Program runs Jan 8th - March 4th		CANDY CANE CRUSH BEGINS! 9:00am: TRX Fusion 10:00am: Barre  4:30pm: TRX Happy Hour	8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp
3	4	5	6	7	8	9
8AM <b>CANDY CANE CRUSH</b> IMPACT CHALLENGE!	9:00am: TRX Flex & Flexibility  5:10pm: Barre  6:15pm: P.A.C.E. Bootcamp	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Yoga	9:00am: Pedal & Pump  6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Thursday Night Flow	9:00am: TRX Fusion 10:00am: Barre  4:30pm: TRX Happy Hour	8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp
10	11	12	13	14	15	16
	9:00am: TRX Flex & Flexibility  5:10pm: Barre  6:15pm: P.A.C.E. Bootcamp	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Yoga	9:15am: Pedal & Pump  6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Thursday Night Flow	9:00am: TRX Fusion 10:00am: Barre  4:30pm: TRX Happy Hour	8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp
17	18	19	20	21	22	23
	9:00am: TRX Flex & Flexibility  5:10pm: Barre  6:15pm: P.A.C.E. Bootcamp	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Yoga	9:15am: Pedal & Pump  6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Thursday Night Flow	9:00am: TRX Fusion 10:00am: Barre  4:30pm: TRX Happy Hour	8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp
24/31	25	26	27	28	29	30
12/31 NEW YEARS EVE 8AM <b>CANDY CANE CRUSH</b> FINALE WORKOUT!	<b>CHRISTMAS</b>	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Yoga	9:15am: Pedal & Pump  6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	9:30am: Barre  5:30pm: Pedal & Pump 6:30pm: Thursday Night Flow	9:00am: TRX Fusion 10:00am: Barre  4:30pm: TRX Happy Hour 6:00pm Drop 2 Sizes Kick-Off Seminar	8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp 9:30am Drop 2 Sizes Kick-Off Seminar

**\*\* Remember to reserve your spot for group classes by Pre-Registering! Call 301-327-5246 or use our MINDBODY app! \*\***

First class FREE  
 \$10 Drop-in/ \$89 Power Pack (10 classes)/ \$69 unlimited mo./ \$59 6-mo. Endurance Membership

# December Premium Classes



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*NEW*</b> <b><u>Premium Classes</u></b></p> <p>additional fees apply   pre-registration required</p>		<p><b><u>RATES</u></b></p>			<p>5:00am: 5AM HUSTLE</p> <p>11:00am: RUN</p> <p>12:30pm: LIFT w/Megan</p> <p><b>CANDY CANE CRUSH Begins</b></p>	<p>1</p> <p>9:30am: Surf &amp; Turf</p> <p>9:30am: LIFT w/Bob</p> <p>10:00am: Surf &amp; Turf</p>
		<p><u>\$15 Drop-In</u></p> <p><b>5AM HUSTLE*   RUN   Surf &amp; Turf</b> <small>*discout available for monthly enrollment</small></p>	<p><u>\$25 Drop-In</u></p> <p><b>LIFT Small Group Sessions</b> <small>limited to 3-6 people</small></p>			
<p>3</p> <p><b>8am</b> <b>CANDY CANE CRUSH</b> <b>IMPACT WORKOUT!</b> <small>*group fitness rates apply</small></p>	<p>4</p> <p>5:00am: 5AM HUSTLE</p> <p>5:30pm: LIFT w/Kayla</p>	<p>5</p> <p>5:00am: LIFT w/Megan</p> <p>4:30pm: LIFT w/Bob</p> <p>6:00pm: LIFT w/Kayla</p>	<p>6</p> <p>5:00am: 5AM HUSTLE</p>	<p>7</p> <p>4:30pm: LIFT w/Bob</p> <p>6:00pm: LIFT w/Kayla</p> <p>6:30pm: LIFT w/Chip</p>	<p>8</p> <p>5:00am: 5AM HUSTLE</p> <p>11:00am: RUN</p> <p>12:30pm: LIFT w/Megan</p>	<p>9</p> <p>9:30am: Surf &amp; Turf</p> <p>9:30am: LIFT w/Bob</p> <p>10:00am: Surf &amp; Turf</p>
<p>10</p> <p>5:00am: 5AM HUSTLE</p> <p>5:30pm: LIFT w/Kayla</p>	<p>11</p> <p>5:00am: LIFT w/Megan</p> <p>4:30pm: LIFT w/Bob</p> <p>6:00pm: LIFT w/Kayla</p>	<p>12</p> <p>5:00am: 5AM HUSTLE</p>	<p>13</p> <p>4:30pm: LIFT w/Bob</p> <p>6:00pm: LIFT w/Kayla</p> <p>6:30pm: LIFT w/Chip</p>	<p>14</p> <p>5:00am: 5AM HUSTLE</p> <p>11:00am: RUN</p> <p>12:30pm: LIFT w/Megan</p>	<p>15</p> <p>9:30am: Surf &amp; Turf</p> <p>9:30am: LIFT w/Bob</p> <p>10:00am: Surf &amp; Turf</p>	
<p>17</p> <p>5:00am: 5AM HUSTLE</p> <p>5:30pm: LIFT w/Kayla</p>	<p>18</p> <p>5:00am: LIFT w/Megan</p> <p>4:30pm: LIFT w/Bob</p> <p>6:00pm: LIFT w/Kayla</p>	<p>19</p> <p>5:00am: 5AM HUSTLE</p>	<p>20</p> <p>4:30pm: LIFT w/Bob</p> <p>6:00pm: LIFT w/Kayla</p> <p>6:30pm: LIFT w/Chip</p>	<p>21</p> <p>5:00am: 5AM HUSTLE</p> <p>11:00am: RUN</p> <p>12:30pm: LIFT w/Megan</p>	<p>22</p> <p>9:30am: Surf &amp; Turf</p> <p>9:30am: LIFT w/Bob</p> <p>10:00am: Surf &amp; Turf</p>	
<p>24/31</p> <p><b>12/31 New Year's Eve</b> <b>8am</b> <b>CANDY CANE CRUSH</b> <b>FINALE WORKOUT!</b> <small>*group fitness rates apply</small></p>	<p>25</p> <p style="text-align: center;"><b>CHRISTMAS</b></p>	<p>26</p> <p>5:00am: 5AM HUSTLE</p>	<p>27</p>	<p>28</p> <p>5:00am: 5AM HUSTLE</p> <p>11:00am: RUN</p> <p>12:30pm: LIFT w/Megan (make up)</p> <p><i>6:00pm Drop 2 Sizes Kick-Off Seminar</i></p>	<p>29</p> <p>9:30am: Surf &amp; Turf</p> <p>10:00am: Surf &amp; Turf</p> <p><i>9:30am Drop 2 Sizes Kick-Off Seminar</i></p>	

**\*\* Spacing is limited for Poston's Premium Classes. Pre-Registration is required. Call 301-327-5246 or use our MINDBODY app! \*\***