

# October Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:00am: 5AM Hustle *S 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp	2 5:00am: 5AM Hustle *S 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp	3 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga	4 5:00am: 5AM Hustle *S 9:00am: Pedal & Pump 10:00am: TRX-Open 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	5 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Thursday Night Flow	6 5:00am: 5 AM Hustle *S 9:00am: TRX Fusion 10:00am: Barre 11:00am: RUN *S 4:30pm: TRX Happy Hour	7 8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp
8 3:00pm: SUP Yoga Pop-Up at Chesapeake Paddle Sports 5:00am: 5AM Hustle *S 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp	9 5:00am: 5AM Hustle *S 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp	10 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga	11 5:00am: 5AM Hustle *S 9:00am: Pedal & Pump 10:00am: TRX-Open 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	12 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Thursday Night Flow	13 5:00am: 5 AM Hustle *S 9:00am: TRX Fusion 10:00am: Barre 11:00am: RUN *S 4:30pm: TRX Happy Hour	14 8:00am: Kick, Punch & Crunch 8:00am: Barre 9:10am: P.A.C.E. Bootcamp
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29 8:00am: Service Sunday CARDIO DANCE with Kayla  Donation-based class all proceeds benefit Calvert Animal Welfare League	30 5:00am: 5AM Hustle *S 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. Bootcamp	31 9:30am: Barre  HALLOWEEN  5:30pm: Pedal & Pump 6:30pm: Yoga	<h2>OnDeck Circuit</h2> <p>This 10-station metabolic circuit is designed to increase your heartrate, burn fat, and strengthen the body as a whole! Stressed for time? Can't make it to class? Miss a workout? Pop in on your own time and run through the week's OnDeck Circuit that is sure to give you a metabolic blast that lasts!</p> <p><b>HOURS: Morning: Mon - Fri 6am - 10am // Evening: Mon - Thurs 4pm - 7:30pm // Weekend: Saturdays 8am - 10am</b></p>			

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

**\*S -- Denotes a class series. Registration and extra fees apply.**



# Group Fitness Class Descriptions

(Included in Power & Endurance Packages)

\*\*All classes are 50-minutes unless otherwise noted.

**Barre:** This total body workout uses aspects of ballet, Pilates, yoga, and functional fitness. Isometric movement and muscle endurance create that “dancer’s body” – the long, lean, sculpted body that exudes strength, flexibility and balance. (45 minute class in the evening)

**Kick, Punch & Crunch:** Do you want to burn calories, sculpt your body and kick butt all at the same time? Then Kick, Punch & Crunch is for you. You will incorporate heavy bag work while kicking and punching and no core muscle gets left behind!

**P.A.C.E.:** Power, Agility & Speed, Core, & Endurance. This interval-based, full body group-training program is designed to build strength, increase fitness levels, burn calories and promote fat loss. Participate in exercises using a combination of body weight movements, super bands, TRX units, kettlebells, plyometrics, and more. ALL fitness levels can participate in this program -- You can go at your own “PACE!”

**Pedal & Pump:** This class combines the best of both worlds: cycling and strength training! Taught in an interval format, you will pedal on the spin bike and then dismount to strength train using dumbbells, kettlebells, TRX etc. for upper and lower body. It’s a great total body cardio and strength workout!

**Thursday Night Flow:** Join us on Thursday’s for a unique FLOW experience which is never the same twice. The instructor and the format will vary weekly: Yoga, Pilates, or TRX Flow. You will love the mind-body, strength, and mobility benefits of this ever-changing class.

**TRX Flex & Flexibility:** This class combines classic TRX for bodyweight strength training; and TRX for Yoga where we will focus on mobility training, stability where the movements are slow and controlled and the mind-muscle connection is enhanced.

**TRX Fusion:** This is a multi-modality class. Each week the TRX suspension trainer will be fused with a second fitness tool—always a Surprise!! Look for pairing with Barre, Battle Ropes, Kettlebells, Medicine Balls, and MORE!

**TRX Happy Hour:** End your week in the very healthiest way possible -- TRX Happy Hour! TRX Suspension training is FUN, INTENSE, Total-Body Work. TRX believes that better is better and so we will focus on form and what right looks like and feels like while you train.

**TRX-Open:** Classic TRX technique. The TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user’s body weight, is used to develop strength, balance, flexibility and core stability simultaneously. All levels welcome!

**Yoga:** Bring your body and mind together for one harmonious experience. Practice poses and flow sequences that incorporate postures and movements to strengthen the body while being coached to gently increase breath control. All levels welcome!

## Class Series

(Extra fees apply)

**5AM Hustle: (Mondays, Wednesdays & Fridays @ 5:00am)** Get your intense 30-minute workout done early! 5AM HUSTLE helps you achieve your fitness goals while balancing your busy life! A combination of cardio circuits and functional fitness tools like TRX, battleropes, BOSU, medicine balls, RIP Trainer. (Instructor: Megan Twining: megantwiningtraining@gmail.com; Tracy Daily: tracymedic@gmail.com / Cost \$130)

**RUN: (Fridays @ 11:00am)** This 50-minute class is geared towards beginners, clients looking for weight loss benefits, and runners who want to go back to the building blocks. Focus on slowly building a solid running base that prioritizes injury prevention. (Instructor: Megan Twining: megantwiningtraining@gmail.com / Cost: \$120 for a 6-class pack )

**TRX-Group: (Mondays and Wednesdays @ 6:05pm)** This 30-minute class focuses on progressive building of TRX work. All aspects of strength, balance, flexibility, and core stability are incorporated. (Instructor: Beth Norfolk: beth4yourhealth@gmail.com / Cost: \$120)

## Events

(Extra fees apply)

**School’s Out Workout: (Friday Sept 20th from 9:00am - 12noon)** Wondering what to do with the kids when school is out? We have the answer! Poston’s Fitness will introduce the FUNdamental elements of FITness while focusing on speed & agility, balance, coordination, and strength. This is a great way to keep kids active and having fun on a day off from school. Please bring a healthy snack. Ages 7 - 13 (Coach: Scott Chamberlin: coachchamberlinffl@gmail.com / Cost \$30)

**Service Sunday: (Sundays @ 8:00am)** Join us for a donation-based class.. Suggested donation is \$10. All proceeds collected from your generous donations will be given to the featured charity or charitable event . Please see the front of this calendar for more details about the specific class and charitable organization for this month. (Suggested donation is \$10).