



April Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EASTER	2 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	3 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	4 9:15am: Pedal & Pump 10:15am: Yoga 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	5 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	6 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	7 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
8 8:30AM: Bob Poston's IMPACT Challenge	9 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	10 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	11 9:15am: Pedal & Pump 10:15am: Yoga 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	12 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	13 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	14 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
15	16 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:45pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	17 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	18 9:15am: Pedal & Pump 10:15am: Yoga 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	19 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	20 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	21 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
22	23 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:45pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	24 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	25 9:15am: Pedal & Pump 10:15am: Yoga 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	26 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	27 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	28 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
29 Healing through Yoga Workshop* 1:00 - 3:00pm *additional fees apply	30 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:45pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	Drop 2 Sizes REACH THE BEACH 8-week transformation program Nutrition, Workouts, Accountability April 2nd - May 28th		Healing through YOGA Workshop Movement Based Yoga Therapy Can Alleviate the Effects of Trauma April 29th 1:00 - 3:00pm COST: \$30 A two-hour trauma sensitive mini-workshop for those who have experienced trauma or chronic stress. Led by Mary (Comfort) Erteschik, RYT, YACEP, C-IAYT		

** 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



April Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EASTER	2 5:30pm: LIFT w/Kayla	3 6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea	4 5:00am: LIFT w/Megan 10:15am: LIFT w/Kayla	5 8:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max	6	7 9:00am: LIFT w/Bob
8 8:30am: Surf & Turf 11:30am: LIFT w/Kayla	9 10:15am: LIFT w/Megan 5:30pm: LIFT w/Kayla	10 6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea	11 5:00am: LIFT w/Megan	12 8:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	13	14 9:00am: LIFT w/Bob
15 8:30am: Surf & Turf 11:30am: LIFT w/Kayla	16 10:15am: LIFT w/Megan 5:30pm: LIFT w/Kayla	17 6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea	18 5:00am: LIFT w/Megan	19 8:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max	20	21 9:00am: LIFT w/Bob
22 8:30am: Surf & Turf 11:30am: LIFT w/Kayla	23 5:30pm: LIFT w/Kayla	24 6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea	25 5:00am: LIFT w/Bob	26 8:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max	27	28 9:00am: LIFT w/Bob
29 8:30am: Surf & Turf 11:30am: LIFT w/Kayla Healing through Yoga Workshop 1:00 - 3:00pm	30 10:15am: LIFT w/Megan 5:30pm: LIFT w/Kayla	<p align="center">Healing through YOGA Workshop Movement Based Yoga Therapy Can Alleviate the Effects of Trauma April 29th 1:00 - 3:00pm COST: \$30</p> <p align="center">A two-hour trauma sensitive mini-workshop for those who have experienced trauma or chronic stress.</p>		<p align="center">Premium Classes: Personal coaching in a small group environment</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>LIFT</p> <p>Drop In: \$25/class Premium Power Pack: \$150 for 10 classes Small group weightlifting *limited to 3-5 people. *beginners please inquire</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Surf & Turf</p> <p>Drop In: \$15/class Indoor SUP with Chesapeake Paddle Sports *limited to 5 people</p> </div> </div>		

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