



August Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DROP 2 SIZES - 8 week transformation program FREE Kickoff Seminars Saturday August 25 8:30am and Tuesday August 28th 6:30pm Starts SEPT. 10TH - Ends NOV. 3RD <u>Schedule changes:</u> Monday night TRX, Thursday night On the Ball, Friday night Cardio Dance will be held every other week during the month of August			1 9:15am: Pedal & Pump 10:15am: Yoga 5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	2 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	3 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	4 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
5 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	6 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	7 9:15am: Pedal & Pump 10:15am: Yoga 5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	8 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	9 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	10 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp	
12 8:30AM: Bob Poston's IMPACT Challenge 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	13 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	14 9:15am: Pedal & Pump 10:15am: Yoga 5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	15 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	16 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	17 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp	
19 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	20 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	21 9:15am: Pedal & Pump 10:15am: Yoga 5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	22 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	23 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	24 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp 8:30 am DROP 2 SIZES KICK OFF SEMINAR	
26 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	27 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga 6:30pm: DROP 2 SIZES SEMINAR	28 9:15am: Pedal & Pump 10:15am: Yoga 5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	29 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	30 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	31	

**** 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



August Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LIFT Small group weightlifting Drop In: \$25/class Premium Power Pack: \$150 for 10 classes *limited to 3-5 people. *beginners please inquire			5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla		9:00am: LIFT w/Bob
11:30am: LIFT w/Kayla	7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla		9:00am: LIFT w/Bob
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** Spacing is limited for Poston's Premium Classes. Pre-Registration is required. Call 301-327-5246 or use our MINDBODY app! **



Group Fitness Classes

(Included in Power & Endurance Packages)

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

5AM HUSTLE: Get your intense 30-minute Tabata 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, battle-ropes, BOSU, medicine balls, RIP Trainer.

5AM RIDE: 45 - minute bike class that is sure to rev your heart rate and challenge your muscle endurance!

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.

Cardio Dance: Catch the beat during this total body workout. You will move, you will sweat, you will dance and have a BLAST!

IMPACT Challenge: Join Bob Poston through this high-intensity strength and endurance challenge. Leave it all on the turf, IMPACT style!

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!

On the Ball: This 45-minute class uses a stability ball to perform functional movements in order to increase strength, mobility and balance. This class is challenging but fun. Your core will feel the burn!

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!

Pilates: Pilates is a blend of strength and flexibility training that improves core strength and posture, reduces stress, and creates long, lean muscles. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient system in sport and daily activity. Leave feeling energized, strong, and transformed!

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!.

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!

Premium Classes

(Extra fees apply)

LIFT: 30 -minute weightlifting session with our personal trainers -- the best way to build lean muscle. Lean muscle burns fat and regulates the metabolism. Space is limited to 5 people. Register in advance. (Cost: \$25/session or... purchase a Power-Pack of 10 sessions for \$150)