

January Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00am New Year, New You FREE WORKOUT	2 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga 6:30pm <i>Drop 2 Sizes Kick-Off Seminar</i>	3 5:00am: 5AM RIDE 9:15am: Pedal & Pump 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	4 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: TRX Flow	5 5:00am: 5AM HUSTLE 9:00am: TRX Fusion 10:00am: Barre 4:30pm: TRX Happy Hour	6 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp 9:00am: Barre
7 8am POSTON'S IMPACT CHALLENGE	8 5:00am: 5AM HUSTLE 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp <i>Week #1 Drop 2 Sizes</i>	9 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga	10 5:00am: 5AM RIDE 9:15am: Pedal & Pump 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	11 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Pilates	12 5:00am: 5AM HUSTLE 9:00am: TRX Fusion 10:00am: Barre 4:30pm: TRX Happy Hour	13 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp 9:00am: Barre
14	15 5:00am: 5AM HUSTLE 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp <i>Week #2 Drop 2 Sizes</i>	16 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga	17 5:00am: 5AM RIDE 9:15am: Pedal & Pump 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	18 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: TRX Flow	19 5:00am: 5AM HUSTLE 9:00am: TRX Fusion 10:00am: Barre 4:30pm: TRX Happy Hour	20 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp 9:00am: Barre
21	22 5:00am: 5AM HUSTLE 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp <i>Week #3 Drop 2 Sizes</i>	23 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga	24 5:00am: 5AM RIDE 9:15am: Pedal & Pump 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	25 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Pilates	26 5:00am: 5AM HUSTLE 9:00am: TRX Fusion 10:00am: Barre 4:30pm: TRX Happy Hour	27 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp 9:00am: Barre
28	29 5:00am: 5AM HUSTLE 9:00am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp <i>Week #4 Drop 2 Sizes</i>	30 9:30am: Barre 5:30pm: Pedal & Pump 6:30pm: Yoga	31 5:00am: 5AM RIDE 9:15am: Pedal & Pump 5:00pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	<h2>Drop 2 Sizes 2018</h2> <h3>FREE Kick-Off Seminars</h3> <p>December 29th @6:00pm December 30th @9:30am January 2nd @ 6:30pm</p>		<p>8-week transformation program for men and women.</p> <p>Nutrition, Workouts, Accountability</p> <p>***SPACES ARE LIMITED***</p>

**** 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

January Premium Classes



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	1 10:00am New Year, New You FREE WORKOUT	2 5:00am: LIFT w/Megan 6:00pm: LIFT w/Kayla 6:00pm Drop 2 Sizes Kick-Off Seminar	3	4 6:00pm: LIFT w/Kayla	5 11:00am: RUN	6 9:30am: LIFT w/Bob 10:00am: Surf & Turf			
7 10:00am: LIFTw/Megan 5:30pm: LIFT w/Kayla <i>Week #1 Drop 2 Sizes</i>	8 5:00am: LIFT w/Megan 6:00pm: LIFT w/Kayla	9	10 6:00pm: LIFT w/Kayla	11 6:00pm: LIFT w/Kayla	12 11:00am: RUN	13 9:30am: LIFT w/Bob 10:00am: Surf & Turf			
14 10:00am: LIFTw/Megan 5:30pm: LIFT w/Kayla <i>Week #2 Drop 2 Sizes</i>	15 5:00am: LIFT w/Megan 6:00pm: LIFT w/Kayla	16	17 6:00pm: LIFT w/Kayla	18 6:00pm: LIFT w/Kayla	19 11:00am: RUN	20 9:30am: LIFT w/Bob 10:00am: Surf & Turf			
21 10:00am: LIFTw/Megan 5:30pm: LIFT w/Kayla <i>Week #3 Drop 2 Sizes</i>	22 5:00am: LIFT w/Megan 6:00pm: LIFT w/Kayla	23	24 6:00pm: LIFT w/Kayla	25 6:00pm: LIFT w/Kayla	26 11:00am: RUN	27 9:30am: LIFT w/Bob 10:00am: Surf & Turf			
28 10:00am: LIFTw/Megan 5:30pm: LIFT w/Kayla <i>Week #4 Drop 2 Sizes</i>	29 5:00am: LIFT w/Megan 6:00pm: LIFT w/Kayla	30	31	<p align="center"><u>Premium Class Rates</u></p> <table border="1"> <tr> <td align="center"> <p><u>LIFT</u> Drop In: \$25/class Premium Power Pack: \$150 for 10 class Small group weightlifting with a Personal Trainer *limited to 3-5 people</p> </td> <td align="center"> <p><u>RUN</u> Drop In: \$15/class Personalized training plans in a small group setting *pre-registration suggested</p> </td> <td align="center"> <p><u>Surf & Turf</u> Drop In: \$15/class Indoor SUP with Chesapeake Paddle Sports *limited to 5 people</p> </td> </tr> </table>			<p><u>LIFT</u> Drop In: \$25/class Premium Power Pack: \$150 for 10 class Small group weightlifting with a Personal Trainer *limited to 3-5 people</p>	<p><u>RUN</u> Drop In: \$15/class Personalized training plans in a small group setting *pre-registration suggested</p>	<p><u>Surf & Turf</u> Drop In: \$15/class Indoor SUP with Chesapeake Paddle Sports *limited to 5 people</p>
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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: 30-minute bike class that is sure to rev your heart rate and challenge your muscle endurance. Best way to start the day!

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)

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!

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 Flow: Every other Thursday. TRX FLOW is the ultimate mind-body, strength, and mobility experience. Re-load through a format which includes yoga, Pilates, suspension, and meditation.

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.

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)

RUN: Work through a personalized running program during this 30-minute class. Geared towards beginners and experienced runners alike. Focus on slowly building a solid running base that prioritizes injury prevention. Work with the group for 30 minutes and then continue on your own as per your prescribed plan. (Cost: \$15/session) Pre-registration is recommended to get the most personalized plan.

Surf & Turf: Indoor SUP Class is back! 30 minutes of core-focused work on the stand-up paddle board. Just because the season is changing doesn't mean that you have to give up your favorite weekend activity. (Cost: \$15/session) Limited to 5 spots!

Events

(Extra fees apply)

DROP TWO SIZES 8-week transformation program: FREE Kick-Off Seminars on Friday, Dec. 29th @6:00pm; Saturday, Dec. 30th @9:30am; Tuesday, Jan. 2nd @ 6:30pm. The "Drop Two Sizes Program" includes fat loss driven workouts and a nutrition program designed to get you down one - two sizes in only eight weeks. (Cost: NEW: \$397; Members: starting at \$197) **Valued at \$948**