



# July Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion  5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	2 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	3 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	4 <b>4th of JULY</b> 8:00am: P.A.C.E. Bootcamp	5 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	6 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	7 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
8 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion  5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	9 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	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  5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	12 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	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 <b>8:30AM: Bob Poston's CRUSH COUNTDOWN IMPACT Challenge</b>	16 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion  5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: 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  5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	19 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	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 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion  5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	23 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	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  5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	26 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball	27 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	28 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
29 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion  5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Fusion 7:15pm: Kick, Punch & Crunch	30 5:00am: 5AM RIDE 9:15am: Barre  4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	31	<div style="border: 1px solid black; padding: 10px;"> <h2 style="margin: 0;">CRUSH COUNTDOWN</h2> <p style="margin: 0;">JULY 15 - AUGUST 15</p> <p style="margin: 0;">Group Fitness workout CHALLENGE. Earn one point for every class.</p> </div>			

**\*\* 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



# July Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30am: LIFT w/Kayla	2 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	3 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	4 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	5 5:00am: LIFT w/Bob 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	6	7 9:00am: LIFT w/Bob
8 11:30am: LIFT w/Kayla	9 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	10 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	11 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	12 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	13	14 9:00am: LIFT w/Bob
15 11:30am: LIFT w/Kayla	16 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	17 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	18 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	19 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	20	21 9:00am: LIFT w/Bob
22 11:30am: LIFT w/Kayla	23 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	24 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	25 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	26 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	27	28 9:00am: LIFT w/Bob
29 11:30am: LIFT w/Kayla	30 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	31 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob				

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