



June Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Try something different this summer! Barre Fusion - Mondays at 10:15am On the Ball with Bob - Thursdays at 7:15pm 30 minute BURN - June 22nd at 9:15am ZUMBA - June 27th at 9:15am						1 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	2 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
3 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	4 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	5 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	6 30 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	7 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	8 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	9 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp	
10 8:30AM: Bob Poston's IMPACT Challenge 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	11 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	12 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	13 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball with Bob	14 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball with Bob	15 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	16 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp	
17 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	18 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	19 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	20 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball with Bob	21 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball with Bob	22 5:00am: 5AM HUSTLE 9:15am: 30 minute BURN 10:15am: Barre 5:00pm: Cardio Dance	23 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp	
24 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	25 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	26 9:15am: ZUMBA 10:15am: Yoga 5:30pm: Pedal & Pump 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	27 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball with Bob	28 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates 7:15pm: On the Ball with Bob	29 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	30 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp	

**** 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



June Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Premium Classes: Personal coaching in a small group environment LIFT Drop In: \$25/class Premium Power Pack: \$150 for 10 classes Small group weightlifting				8:00am: LIFT w/Kayla	9:00am: LIFT w/Bob
3 11:30am: LIFT w/Kayla	4 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	5 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	6 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	7 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	8 8:00am: LIFT w/Kayla	9 9:00am: LIFT w/Bob
10 11:30am: LIFT w/Kayla	11 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	12 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	13 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	14 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	15 8:00am: LIFT w/Kayla	16 9:00am: LIFT w/Bob
17 11:30am: LIFT w/Kayla	18 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	19 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	20 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	21 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	22 8:00am: LIFT w/Kayla	23 9:00am: LIFT w/Bob
24 11:30am: LIFT w/Kayla	25 7:30am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	26 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	27 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan	28 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max	29 8:00am: LIFT w/Kayla	30 9:00am: LIFT w/Bob

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