



March Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH MADNESS - SWEET 16 CHALLENGE <u>All clients welcome - FREE to JOIN</u> GOAL: Earn 16 points (or more) from March 1 - 31. Every point over 16 earned means another chance to win! 3 lucky RAFFLE winners will be chosen!				1 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: TRX Flow	2 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	3 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
4 8:30AM: Bob Poston's IMPACT Challenge	5 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	6 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	7 5:00am: 5AM RIDE 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	8 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 DROP 2 SIZES Finale PARTY <i>[TRX Cancelled]</i>	10 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
11 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	12 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	13 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	14 5:00am: 5AM RIDE 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	15 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: TRX Flow	16 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: TRX Happy Hour	17 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
18 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	19 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	20 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	21 5:00am: 5AM RIDE 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	22 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
24 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	26 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:10pm: Barre 6:15pm: P.A.C.E. Bootcamp	27 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	28 5:00am: 5AM RIDE 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	29 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: TRX Flow	30 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: TRX Happy Hour	31 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



March Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Premium Classes: Personal coaching in a small group environment				1	2	3
LIFT Drop In: \$25/class Premium Power Pack: \$150 for 10 classes Small group weightlifting	RUN Drop In: \$15/class Personalized training plans in a small group setting	Surf & Turf Drop In: \$15/class Indoor SUP with Chesapeake Paddle Sports		8:30am: LIFT w/Kayla 2:30pm: LIFT w/Scott 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max 7:00pm: LIFT w/Max	11:00am: RUN	9:30am: LIFT w/Bob
4	5	6	7	8	9	10
8:30am: Surf & Turf 11:30am: LIFT w/Kayla	7:30am: LIFT w/Andrea 10:15am: LIFT w/Megan 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	5:00am: LIFT w/Megan 2:30pm: LIFT w/Scott 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max 7:00pm: LIFT w/Andrea	10:15am: LIFT w/Kayla	8:30am: LIFT w/Kayla 2:30pm: LIFT w/Scott 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max 7:00pm: LIFT w/Max	11:00am: RUN	9:30am: LIFT w/Bob 10:00am: LIFT w/Kayla
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	29	30	31
8:30am: Surf & Turf 11:30am: LIFT w/Kayla	7:30am: LIFT w/Andrea 10:15am: LIFT w/Megan 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	5:00am: LIFT w/Megan 2:30pm: LIFT w/Scott 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max 7:00pm: LIFT w/Andrea	10:15am: LIFT w/Kayla	8:30am: LIFT w/Kayla 2:30pm: LIFT w/Scott 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max 7:00pm: LIFT w/Max	11:00am: RUN	9:30am: LIFT w/Bob 10:00am: LIFT w/Kayla

** 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. ‘

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)

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!

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!

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

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

MARCH MADNESS: Sweet 16 Challenge: All clients welcome! FREE to JOIN. WHEN: March 1 - 31. GOAL: Earn 16 points (or more) over the course of 31 days and be entered into a raffle for prizes! Each time you attend a group fitness class, personal training session, get a massage, or refer a NEW client, you earn points! Every point over 16 means another chance to win! **Three winning tickets will be chosen for a \$100 account credit good for any Poston’s Fitness service.** SIGN UP AT THE FRONT DESK!