



May Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW Classes and SCHEDULE CHANGES NEW CLASSES Monday Barre Fusion at 10:15am. Monday TRX at 6:30pm SCHEDULE CHANGES Monday Evening Barre moves to 5:30pm		1 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	2 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	3 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	4 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	5 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
6	7 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	8 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	9 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	10 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	11 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	12 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
13	14 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	15 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	16 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	17 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	18 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	19 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
20	21 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	22 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	23 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	24 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates	25 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	26 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
27	28 MEMORIAL DAY 8:00am P.A.C.E. Bootcamp	29 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Yoga	30 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	31 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: RIDE 6:30pm: Pilates		

**** 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



May Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Premium Classes: Personal coaching in a small group environment</p> <p>LIFT Drop In: \$25/class Premium Power Pack: \$150 for 10 classes Small group weightlifting</p>		<p>1 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea</p>	<p>2 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p>	<p>3 8:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max</p>	<p>4 8:00am: LIFT w/Kayla</p>	
<p>6 5:30pm: LIFT w/Kayla</p>	<p>7</p>	<p>8 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea</p>	<p>9 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p>	<p>10 8:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/Max</p>	<p>11 8:00am: LIFT w/Kayla</p>	<p>12 9:00am: LIFT w/Bob</p>
<p>13 5:30pm: LIFT w/Kayla</p>	<p>14</p>	<p>15 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea</p>	<p>16 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p>	<p>17 8:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max</p>	<p>18 8:00am: LIFT w/Kayla</p>	<p>19 9:00am: LIFT w/Bob</p>
<p>20 5:30pm: LIFT w/Kayla</p>	<p>21</p>	<p>22 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea</p>	<p>23 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p>	<p>24 8:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max</p>	<p>25 8:00am: LIFT w/Kayla</p>	<p>26 9:00am: LIFT w/Bob</p>
<p>27 5:30pm: LIFT w/Kayla</p>	<p>28</p>	<p>29 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Kayla 7:00pm: LIFT w/Andrea</p>	<p>30 5:00am: LIFT w/Megan 10:15am: LIFT w/Megan</p>	<p>31 8:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 6:30pm: LIFT w/ Max</p>		

** 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.

Barre Fusion: This is a high intensity cardio class. The basic movements of barre are amplified by a faster pace, and bigger movements - designed to keep your heart rate high.

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 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)