



November Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SCHEDULE CHANGE</p> <p>On the Ball moves to Wednesdays at 5:30PM!</p>	<p>VETERANS DAY IMPACT CHALLENGE on Sunday Nov 11th</p> <p>FREE for Military</p>	<p>Join us for our annual TURKEY BURNER WORKOUT</p> <p>7:00am THANKSGIVING MORNING Visitors welcome!</p>		<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates</p>	<p>5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre</p>	<p>8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp</p> <p>DROP 2 SIZES LAST DAY</p>
4	5	6	7	8	9	10
	<p>5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility</p> <p>5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga</p> <p>DROP 2 SIZES FINALE PARTY</p>	<p>5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga</p> <p>5:30pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates</p>	<p>5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre</p>	<p>8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp</p>
11	12	13	14	15	16	17
<p>8:30AM Bob Poston's VETERANS DAY IMPACT Challenge</p> <p>FREE FOR Active Duty & Retired Veterans</p>	<p>5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion</p> <p>5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga</p>	<p>5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga</p> <p>5:30pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates</p>	<p>5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre</p>	<p>8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp</p>
18	19	20	21	22	23	24
	<p>5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion</p> <p>5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga</p>	<p>5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga</p> <p>5:30pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch</p>	<p>7AM -8AM ANNUAL TURKEY BURNER WORKOUT</p> <p>HAPPY THANKSGIVING</p>	<p>5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre</p>	<p>8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp</p>
25	26	27	28	29	30	
	<p>5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 10:15am: Barre Fusion</p> <p>5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga</p>	<p>5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga</p> <p>5:30pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch</p>	<p>5:00am: 5AM RIDE 9:15am: Barre</p> <p>4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates</p>	<p>5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre</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



November Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Arms & Abs</p> <p>Butts & Guts</p> <p>*limited to 3-5 people</p>	<p>LIFT</p> <p>Small Group Weightlifting</p> <p>*limited to 3-5 people</p>	<p>TRX Rip & RUN</p> <p>Interval Training resistance, rotation, and running</p> <p>*limited to 6 people *beginners please inquire</p>		<p>5:00am: LIFT w/Katie</p> <p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Butts & Guts w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p>		<p>9:00am: LIFT w/Andrea</p>
<p>11:30am: LIFT w/Kayla</p>	<p>7:30am: TRX Rip & RUN w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Arms & Abs w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p>	<p>5:00am: LIFT w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Chris</p>	<p>5:00am: LIFT w/Katie</p> <p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Butts & Guts w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p>		<p>9:00am: LIFT w/Bob</p>
<p>11:30am: LIFT w/Kayla</p>	<p>7:30am: TRX Rip & RUN w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Arms & Abs w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>5:00am: LIFT w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Chris</p>	<p>5:00am: LIFT w/Katie</p> <p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Butts & Guts w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p>		<p>9:00am: LIFT w/Bob</p>
<p>11:30am: LIFT w/Kayla</p>	<p>7:30am: TRX Rip & RUN w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Arms & Abs w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>5:00am: LIFT w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Chris</p>	<p>HAPPY THANKSGIVING</p>		<p>9:00am: LIFT w/Bob</p>
<p>11:30am: LIFT w/Kayla</p>	<p>7:30am: TRX Rip & RUN w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Arms & Abs w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>5:00am: LIFT w/Megan</p> <p>8:00am: LIFT w/Andrea</p> <p>10:15am: LIFT w/Megan</p> <p>6:00pm: LIFT w/Chris</p>	<p>5:00am: LIFT w/Katie</p> <p>5:00pm: LIFT w/Chip</p> <p>5:30pm: Butts & Guts w/Kayla</p> <p>6:00pm: LIFT w/Kayla</p>		<p>Premium Classes</p> <p>30 minute classes Small Groups</p> <p>Drop In \$25/class Premium Class Pack \$150</p>

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