



October Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	2 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	3 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	4 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	5 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	6 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
7	8 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	9 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	10 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	11 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	12 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	13 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
14 8:30AM: Bob Poston's IMPACT Challenge	15 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	16 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	17 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	18 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	19 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	20 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
21	22 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	23 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	24 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: P.A.C.E. Bootcamp 6:30pm: Barre 7:15pm: Kick, Punch & Crunch	25 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	26 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	27 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
28	29 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 7:15pm: Kick, Punch & Crunch	30 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	31 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga HAPPY HALLOWEEN	<p>To all you ghosts and monsters and witches, BRING ALL OF THAT CANDY TO POSTON'S FITNESS</p> <p>We will keep it safe and out of your reach!</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



October Premium Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Premium Classes 30-minute classes Small Groups</p> <p>Drop In: \$25/class Premium Class Pack: \$150 for 10 classes</p>	<p>1</p> <p>7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>2</p> <p>5:30pm: Arms & Abs w/Kayla 6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>3</p> <p>5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan</p>	<p>4</p> <p>5:00am: LIFT w/Megan</p> <p>5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla</p>	<p>5</p>	<p>6</p> <p>9:00am: LIFT w/Bob</p>
<p>7</p> <p>11:30am: LIFT w/Kayla</p>	<p>8</p> <p>7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>9</p> <p>5:30pm: Arms & Abs w/Kayla 6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>10</p> <p>5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan</p>	<p>11</p> <p>5:00am: LIFT w/Megan</p> <p>5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla</p>	<p>12</p>	<p>13</p> <p>9:00am: LIFT w/Bob</p>
<p>14</p> <p>11:30am: LIFT w/Kayla</p>	<p>15</p> <p>7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>16</p> <p>5:30pm: Arms & Abs w/Kayla 6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>17</p> <p>5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan</p>	<p>18</p> <p>5:00am: LIFT w/Megan</p> <p>5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla</p>	<p>19</p>	<p>20</p> <p>9:00am: LIFT w/Bob</p>
<p>21</p> <p>11:30am: LIFT w/Kayla</p>	<p>22</p> <p>7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>23</p> <p>5:30pm: Arms & Abs w/Kayla 6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>24</p> <p>5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan</p>	<p>25</p> <p>5:00am: LIFT w/Megan</p> <p>5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla</p>	<p>26</p>	<p>27</p> <p>9:00am: LIFT w/Bob</p>
<p>28</p> <p>11:30am: LIFT w/Kayla</p>	<p>29</p> <p>7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla</p> <p>5:30pm: LIFT w/Kayla</p>	<p>30</p> <p>5:30pm: Arms & Abs w/Kayla 6:00pm: LIFT w/Kayla</p> <p>7:15pm: LIFT w/Bob</p>	<p>31</p> <p>5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan</p>	<p>*NEW Arms & Abs Butts & Guts</p> <p>*limited to 3-5 people *beginners please inquire</p>	<p>LIFT Small group weightlifting</p> <p>*space is limited to 3 -5 people *beginners please inquire</p>	<p>TRX Rip & RUN Interval Training resistance, rotation, and running</p> <p>*limited to 8 people *beginners please inquire</p>

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