

September Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DROP 2 SIZES - 8 week transformation program WORKOUTS, NUTRITION, ACCOUNTABILITY Starts SEPT. 10TH - Ends NOV. 3RD FREE Kickoff Seminars Tuesday August 28th 6:30pm and Wednesday September 6th at 6:30pm		SCHEDULE ANNOUNCEMENTS TIME CHANGE: Monday Night BARRE moves to 6:30pm *NEW CLASS: TRX Rip & RUN on Mondays at 7:30am *premium fees				1 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
2	LABOR DAY 8:00am: P.A.C.E. Bootcamp	3 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	4 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	5 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	6 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	8 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
9	10 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 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: 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 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	14 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	15 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
16 8:30AM: Bob Poston's IMPACT Challenge	17 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 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: 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 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	21 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre 5:00pm: Cardio Dance	22 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
23/30	24 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 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: Yoga	26 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	27 5:00am: 5AM RIDE 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates 7:15pm: On the Ball	28 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	29 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



September 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>LIFT Small group weightlifting</p> <p>* space is limited to 3 -5 people per group *beginners please inquire</p>		<p>TRX Rip & RUN Interval Training Combines resistance, rotation, and running</p> <p>*limited to 8 people *beginners please inquire</p>		<p>9:00am: LIFT w/Bob</p>
2 11:30am: LIFT w/Kayla	3 LABOR DAY	4 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	5 5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan	6 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla	7	8 9:00am: LIFT w/Bob
9 11:30am: LIFT w/Kayla	10 7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	11 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	12 5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan	13 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla	14	15 9:00am: LIFT w/Bob
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23/30 11:30am: LIFT w/Kayla	24 7:30am: TRX Rip & RUN w/Megan 8:00am: LIFT w/Andrea 10:30am: LIFT w/Kayla 5:30pm: LIFT w/Kayla	25 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla 7:15pm: LIFT w/Bob	26 5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea 10:15am: LIFT w/Megan	27 5:00am: LIFT w/Megan 5:30pm: LIFT w/Kayla 6:00pm: LIFT w/Kayla	28	29 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! **



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.

5AM RIDE: 45 - minute bike class that is sure to rev your heart rate and challenge your muscle endurance!

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.

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!

On the Ball: This 45-minute class uses a stability ball to perform functional movements in order to increase strength, mobility and balance. This class is challenging but fun. Your core will feel the burn!

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!

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 Premium Class Pack of 10 sessions for \$150)

TRX Rip & RUN: 30-minute interval class focusing on increasing fitness levels through running and the dynamic TRX Rip trainer. Speed work on the treadmill, outdoor hill training, and core stability / mobility work. This class is for people who like to RUN! Space is limited to 8 people. Register in advance. (Cost: \$25/session or... purchase a Premium Class Pack of 10 sessions for \$150)