



February Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Where the Mind Goes, the Body Will Follow					1 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	2 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
3 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX 7:15pm: Kick, Punch & Crunch	4 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	5 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flow 7:15pm: Kick, Punch & Crunch	6 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates	7 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	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 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX 7:15pm: Kick, Punch & Crunch	11 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	12 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flow 7:15pm: Kick, Punch & Crunch	13 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates	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 9:00am: **Barre & Bevvies Pop Up ** 9:10am: P.A.C.E. Bootcamp	16
17 DONATION BASED CLASSES 8:30AM Bob Poston's IMPACT Challenge Workout is FREE Donations accepted for Humane Society of Calvert Co.	18 5:00am: 5AM HUSTLE 9:15am: TRX Flex & Flexibility 5:30pm: Barre 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX 7:15pm: Kick, Punch & Crunch	19 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	20 5:00am: 5AM RIDE 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flow 7:15pm: Kick, Punch & Crunch	21 5:00am: 5AM HUSTLE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates	22 5:00am: 5AM HUSTLE 9:15am: TRX Fusion 10:15am: Barre	23 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:00am: Barre 9:10am: P.A.C.E. Bootcamp
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*Remember to reserve your spot by pre-registering! Call 301-327-5246 or use our MINDBODY app! *

First class FREE

\$15 Drop-In/ \$129 Power Pk (10 classes)/ \$69 6-mo. Endurance Members/ \$79 1-mo. unlimited classes



February Premium Classes - Minimum 3 clients. Maximum 5 clients.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Premium Classes</p> <p align="center">30 minute classes. Small Groups.</p> <p align="center">Drop In \$25/class or Premium Class Pack \$150 for 10 classes*</p> <p align="center">Must have 3 clients minimum for the class to run at this discounted price.</p>		<p align="center">LIFT</p> <p align="center">Small Group</p> <p align="center">Weightlifting</p> <p align="center">*beginners please inquire</p>	<p align="center">Arms & Abs</p> <p align="center">Butts & Guts</p> <p align="center">Ropes On Fire</p> <p align="center">*beginners please inquire</p>	<p align="center">SUP Off - Season</p> <p align="center">Calling all Paddleboarders... Summer paddlers are trained in the winter. Stay ready!</p>	<p align="center">8:00am: Ropes On Fire w/Bob</p>	<p align="center">9:00am: LIFT w/Bob</p> <p align="center">10:00am: SUP Off - Season w/Andrea</p>
3 11:30am: LIFT w/Kayla	4 8:00am: LIFT w/Andrea 5:30pm: LIFT w/Kayla	5 5:30pm: Arms & Abs w/Kayla 7:00pm: LIFT w/Chip	6 5:00am: LIFT w/Megan 8:00am: LIFT w/Andrea	7 5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla	8 8:00am: Ropes On Fire w/Bob	9 9:00am: LIFT w/Bob 10:00am: SUP Off - Season w/Andrea
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** 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: 30-minute Tabata workout - achieve your fitness goals EARLY! Cardio circuits and functional fitness!

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

Barre: Isometric movement and muscle endurance creates a long, lean, sculpted body. Strength, flexibility and balance.

IMPACT Challenge: Make an IMPACT during this donation-based high-intensity challenge. Proceeds benefit local charities.

Kick, Punch & Crunch: Heavy bag work while kicking and punching and no core muscle gets left behind!

On the Ball: Your core will feel the burn! Stability ball workout to increase strength, mobility and balance.

P.A.C.E.: Power, Agility & Speed, Core, & Endurance. Poston's SIGNATURE Class. 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: Cycle and strength train! Taught in an interval format. Pumping music. The best cardio/strength workout!

Pilates: Improve core strength & posture, reduce stress, and creates long, lean muscles. Leave energized and transformed!

Power Up 30: 30-minute metabolic workout focused on building power and strength. The challenge will drive you!

TRX: TRX suspension training-make your body your machine. Hundreds of exercises that build, burn, tone & strengthen.

TRX Flex & Flexibility: Half classic TRX strength training /Half TRX mobility where mind-muscle connection is enhanced.

TRX Flow: This class is all about mind AND muscle RECOVERY and RELOADING. Flow through poses and postures TRX style.

TRX Fusion: This is a high energy, metabolic class where TRX is paired with a different modality each week. Lots of FUN!

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)

ABS & ARMS or BUTTS & GUTS: 30 minute - targeted sculpting sessions. Be ready to work and then plan some recovery the next day for the best results. (Cost: \$25/session or... purchase a Premium Class Pack of 10 sessions for \$150)

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)

Ropes on FIRE: 30 -minute BURN that only the Battle Ropes can bring. Work in your targeted heart rate zone with zero joint impact. Take on this cardio challenge and become stronger mentally and physically. This is the NEXT level. (Cost: \$25/session or... purchase a Premium Class Pack of 10 sessions for \$150)

SUP Off - Season: SUP Off~Season Class will cover ALL of these components of fitness utilizing BOSU and TRX, as well as, the use of dumbbells, kettle bells, stability balls, med-balls, Rip-Sticks and cable machines. (Cost: \$25/session or... purchase a Premium Class Pack of 10 sessions for \$150)