

# June Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*SUMMER FITNESS KICKOFF WEEK*</b> <b>JUNE 12-17</b> Kick-off your summer fitness routine at Poston's Fitness! <b>Pre-registration is REQUIRED. All classes have LIMITED space!</b> FREE Group Classes to all NEW clients and guests who are returning for the first time in 2017! FREE Fitness Assessments on 6/14 from 9am-12pm. All other times call 301-327-5246.				1 5:00am: 5AM Hustle *S  9:45am: Barre 11:00am: Fit Mom's Club*S  5:30pm: Pedal & Pump 6:30pm: Pedal & Flow	2  9:00am: TRX Fusion  8:00am: Kick, Punch & Crunch 9:00am: Barre 9:10am: P.A.C.E.	
4 5:00am: 5AM Hustle *S  9:00am: TRX Flex & Flexibility 10:00am: RUN *S  5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E.	5  9:45am: Barre 11:00am: Fit Mom's Club*S  5:30pm: Pedal & Pump 6:30pm: Yoga	6 5:00am: 5AM Hustle *S 9:00am: Pedal & Pump  11:45am: TRX-Open  6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	7  9:45am: Barre 11:00am: Fit Mom's Club*S  5:30pm: Pedal & Pump 6:30pm: Pedal & Flow	8 5:00am: 5AM Hustle *S  9:00am: TRX Fusion  9:45am: Barre 11:00am: Fit Mom's Club*S  5:30pm: Pedal & Pump 6:30pm: Pedal & Flow	9  8:00am: Adult Ballet *S 8:00am: Kick, Punch & Crunch 9:00am: Barre 9:10am: P.A.C.E.  <b>DRAGON BOAT</b> Please come support our team!	
<b>BARREVOOLUTION INSTRUCTOR TRAINING</b>	11 5:00am: 5AM Hustle *S  9:00am: TRX Flex & Flexibility 10:00am: RUN *S  5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E.	12  9:00am: Quick HIIT 9:45am: Barre  5:30pm: Pedal & Pump 6:30pm: Yoga	13 5:00am: 5AM Hustle *S 9:00am: Pedal & Pump *FREE FITNESS ASSESSMENTS 9 - 12pm 11:45am: TRX-Open  6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch & Crunch	14  9:45am: Barre  5:30pm: Pedal & Pump 6:30pm: Pedal & Flow	15 5:00am: 5AM Hustle *S  9:00am: TRX Fusion  8:00am: Adult Ballet *S 8:00am: Kick, Punch & Crunch 9:00am: Barre 9:10am: P.A.C.E.	
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\*\* Remember to reserve your spot for group classes by Pre-Registering! Call 301-327-5246 or use our MINDBODY app! \*\*

\*S -- Denotes a class series. Registration and extra fees apply.



## Group Fitness Class Descriptions

(Included in Power & Endurance Packages)

\*\*All classes are 50-minutes unless otherwise noted.

**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. (45 minute class)

**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, kettle bells, 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 pump some weights for upper and lower body. It’s a great total body cardio and strength workout!

**Pedal & Flow:** Pairing cycling’s intense, calorie busting cardio with the mind-body practice of yoga to build stamina, strength and flexibility. A perfect combination of yin and yang, 30 minutes of pedal and 30 minutes of flow.

**Quick HIIT:** Burn more fat in less time! This 30 minute workout is scientifically proven to increase your fitness level and build lean muscle while burning calories. Short, intense work, pumping music. This workout will leave you feeling accomplished and stronger than ever.

**TRX Flex & Flexibility:** This class is divided into 2 halves: first, TRX for bodyweight strength training; and second, TRX for flexibility, 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!

**TRX-Open:** Classic TRX technique. The TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user’s body weight, is used to develop strength, balance, flexibility and core stability simultaneously. All levels welcome!

**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!

### Class Series

(Extra fees apply)

**5AM Hustle: (Mondays, Wednesdays & Fridays @ 5:00am)** Get your intense 30-minute 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, battleropes, BOSU, medicine balls, RIP Trainer. (Instructor: Megan Twining: megantwiningtraining@gmail.com; Tracy Daily: tracymedic@gmail.com / Cost \$130)

**Adult Ballet: (Saturdays @ 8:00am)** Classical ballet for adult beginners, or those coming back to ballet after time away. Barre work, floor work, and some energizing jumps for fun, quick movement. Improved posture, controlled movement & long lean muscles. No dance experience needed. Session I: June 10th - July 8th; Session II: July 29th - Aug 26th (Instructor: Anne Kerze: thekerzes@gmail.com / Cost \$99)

**TRX-Group: (Mondays and Wednesdays @ 6:05pm)** This 30-minute class focuses on progressive building of TRX work. All aspects of strength, balance, flexibility, and core stability are incorporated. (Instructor: Beth Norfolk: beth4yourhealth@gmail.com / Cost: \$120)

### Youth Series

**Kid’s Fitness: (Tuesday & Thursday @ 10:30-11:20am)** For ages 6 - 11. This 50-minute foundational fitness class is designed to introduce fitness in a way that helps develop balance, coordination, and motor skills. Runs from June 20th - August 10th (will not meet July 4, 6, 25, 27)

(Coach: Scott Chamberlin: coachchamberlinffl@gmail.com / Cost: 4 pack/\$79; 8 pack/ \$129)

**Speed & Agility: (Tuesday & Thursday @ 11:30-12:20am)** For ages 12-14. This 50-minute class is designed to introduce kids to the fundamentals of speed, agility & quickness. Runs from June 20th - August 10th (will not meet July 4, 6, 25, 27)

(Coach: Scott Chamberlin: coachchamberlinffl@gmail.com / Cost: \$239 for 12 sessions)

**Varsity Speed: (Mondays, Wednesdays & Fridays @ 10:30am-12:00)** This program is designed for the high school athlete looking to take their game to the next level. Our 8-week program will focus on speed, agility, power and performance incorporating drills and exercises to hone in on the skills needed to perform at the highest level. A foundational strength training program will be introduced to compliment the speed and agility training. Runs from June 19th - August 11th (will not meet July 3, 5, 7, 24, 26, 28) /

(Coach: Scott Chamberlin: coachchamberlinffl@gmail.com / Cost: \$299 for 12 sessions; \$399 for 18 sessions)