



April 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 6:30pm: TRX 7:15pm: Kick, Punch & Crunch	2 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	3 5:00am: Pedal & Pump 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flex & Flow 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: Pilates	5 5:00am: TRX Tabata 9:15am: TRX Fusion 10:15am: Barre	6 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: Barre 9:10am: P.A.C.E. Bootcamp
7 DONATION BASED CLASSSS 9:00am: Pedal & Pump Donations accepted for Bullies 2 the Rescue \$15 suggested	8 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	9 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	10 5:00am: Pedal & Pump 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flex & Flow 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: Pilates	12 5:00am: TRX Tabata 9:15am: TRX Fusion 10:15am: Barre	13 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: Barre 9:10am: IMPACT Challenge
14	15 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	16 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	17 5:00am: Pedal & Pump 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flex & Flow 7:15pm: Kick, Punch & Crunch	18 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates	19 5:00am: TRX Tabata 9:15am: TRX Fusion 10:15am: Barre	20 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: Barre 9:10am: P.A.C.E. Bootcamp
21	22 EASTER MONDAY 9:00AM PACE BOOTCAMP	23 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga	24 5:00am: Pedal & Pump 9:15am: Pedal & Pump 10:15am: Yoga 5:15pm: On the Ball 6:15pm: P.A.C.E. Bootcamp 6:30pm: TRX Flex & Flow 7:15pm: Kick, Punch & Crunch	25 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Pilates	26 5:00am: TRX Tabata 9:15am: TRX Fusion 10:15am: Barre	27 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: 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 6:30pm: TRX 7:15pm: Kick, Punch & Crunch	30 5:00am: 5AM RIDE 8:00am: Power Up 30 9:15am: Barre 4:30pm: Pedal & Pump 5:30pm: Pedal & Pump 6:30pm: Yoga				

*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



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00am: LIFT w/Andrea 5:30pm: LIFT w/Kayla	2 7:00pm: LIFT w/Chip	3 5:00am: LIFT w/Katie 8:00am: LIFT w/Andrea	4 5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla	5 8:00am: Ropes On Fire w/Bob	6 9:00am: LIFT w/Bob
7 11:30am: LIFT w/Kayla	8 8:00am: LIFT w/Andrea 5:30pm: LIFT w/Kayla	9 7:00pm: LIFT w/Chip	10 5:00am: LIFT w/Katie 8:00am: LIFT w/Andrea	11 5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla	12 8:00am: Ropes On Fire w/Bob	13 9:00am: LIFT w/Bob
14 11:30am: LIFT w/Kayla	15 8:00am: LIFT w/Andrea 5:30pm: LIFT w/Kayla	16 7:00pm: LIFT w/Chip	17 5:00am: LIFT w/Katie 8:00am: LIFT w/Andrea	18 5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla	19 8:00am: Ropes On Fire w/Bob	20 9:00am: LIFT w/Bob
21 11:30am: LIFT w/Kayla	22 8:00am: LIFT w/Andrea 5:30pm: LIFT w/Kayla	23 7:00pm: LIFT w/Chip	24 5:00am: LIFT w/Katie 8:00am: LIFT w/Andrea	25 5:30pm: Butts & Guts w/Kayla 6:00pm: LIFT w/Kayla	26 8:00am: Ropes On Fire w/Bob	27 9:00am: LIFT w/Bob
28 11:30am: LIFT w/Kayla	29 8:00am: LIFT w/Andrea 5:30pm: LIFT w/Kayla	30 7:00pm: LIFT w/Chip	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Premium Classes</p> <p>30 minute classes. Small Groups.</p> <p>Drop In \$25/class or Premium Class Pack \$150 for 10 classes*</p> <p>Must have 3 clients minimum for the class to run at this discounted price.</p> </div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>LIFT</p> <p>Small Group Weightlifting</p> <p>*beginners please inquire</p> </div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Ropes On Fire</p> <p>True metabolic burn</p> <p>*beginners please inquire</p> </div> </div>			

** 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 is a unique class that starts off with a metabolic blast, but ends with a flow to slow things down and reload.

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)

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)