



March Group Fitness

Join our "March Madness" - Earn a gold star for every workout!
Then earn a chance to win our swag bag!



POSTON'S
FITNESS FOR LIFE
10735 Town Center Blvd STE 3, Dunkirk, MD 20754

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 5:00am: Rise & Shine 8:15am: Ride Express 9:15am: TRX 6:15pm: P.A.C.E. Bootcamp 6:15pm: TRX	3 5:00am: 5AM RIDE 8:15am: upLIFT 9:15am: Barre 5:15pm: Pedal & Pump 6:15pm: Yoga 6:15pm: On The Ball	4 5:00am: 5AM Pedal & Pump 8:00am: Ropes on FIRE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: Cardio Kick Pump	5 5:00am: 5AM Pedal & Pump 8:00am: Power Up 30 9:15am: Ride & Relevé 5:15pm: Pedal & Pump 5:30pm: Forever Fit 6:30pm: Barbell Blitz	6 5:00am: Rise & Shine 8:00am: Ropes on FIRE 9:15am: TRX 10:15am: Yoga	7 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp
8 5:00am: Rise & Shine 8:15am: Ride Express 9:15am: TRX 6:15pm: P.A.C.E. Bootcamp 6:15pm: TRX	9 5:00am: 5AM RIDE 8:15am: upLIFT 9:15am: Barre 5:15pm: Pedal & Pump 6:15pm: Yoga 6:15pm: On The Ball	10 5:00am: 5AM Pedal & Pump 8:00am: Ropes on FIRE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: Cardio Kick Pump	11 5:00am: 5AM Pedal & Pump 8:00am: Power Up 30 9:15am: Ride & Relevé 5:15pm: Pedal & Pump 5:30pm: Forever Fit 6:30pm: Barbell Blitz	12 5:00am: Rise & Shine 8:00am: Ropes on FIRE 9:15am: TRX 10:15am: Yoga	13 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp	14 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp
15 <i>Reminder - sign up for classes in MindBody to help avoid class being cancelled.</i>	16 5:00am: Rise & Shine 8:15am: Ride Express 9:15am: TRX 6:15pm: P.A.C.E. Bootcamp 6:15pm: TRX	17 5:00am: 5AM RIDE 8:15am: upLIFT 9:15am: Barre  5:15pm: Pedal & Pump 6:15pm: Yoga 6:15pm: On The Ball	18 5:00am: 5AM Pedal & Pump 8:00am: Ropes on FIRE 9:15am: Pedal & Pump 10:15am: Yoga 6:15pm: Cardio Kick Pump	19 5:00am: 5AM Pedal & Pump 8:00am: Power Up 30 9:15am: Ride & Relevé 5:15pm: Pedal & Pump 5:30pm: Forever Fit 6:30pm: Barbell Blitz	20 5:00am: Rise & Shine 8:00am: Ropes on FIRE 9:15am: TRX 10:15am: Yoga	21 8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Bootcamp
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29 5:00am: Rise & Shine 8:15am: Ride Express 9:15am: TRX 6:15pm: P.A.C.E. Bootcamp 6:15pm: TRX	30 5:00am: 5AM RIDE 8:15am: upLIFT 9:15am: Barre 5:15pm: Pedal & Pump 6:15pm: Yoga 6:15pm: On The Ball	31 <div style="background-color: #4CAF50; color: white; padding: 10px; text-align: center;">Reminder - sign up for classes in MindBody to help avoid class being cancelled</div>				

*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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30am: LIFT w/Bob	2 8:00am: LIFT w/Andrea 6:00pm: LIFT w/Chris	3 5:00am: LIFT w/Bob 7:00pm: LIFT w/Drew	4	5 5:00am: LIFT w/Bob 6:00pm: LIFT w/Chris	6	7 9:00am: LIFT w/Bob
8 11:30am: LIFT w/Bob	9 8:00am: LIFT w/Andrea 6:00pm: LIFT w/Chris	10 5:00am: LIFT w/Bob 7:00pm: LIFT w/Drew	11	12 5:00am: LIFT w/Bob 6:00pm: LIFT w/Chris	13	14 9:00am: LIFT w/Bob 10:30am: LIFT w/Bob
15 11:30am: LIFT w/Drew	16 8:00am: LIFT w/Andrea 6:00pm: LIFT w/Chris	17 5:00am: LIFT w/Bob 7:00pm: LIFT w/Drew	18	19 5:00am: LIFT w/Bob 6:00pm: LIFT w/Chris	20	21 9:00am: LIFT w/Bob 10:30am: LIFT w/Bob
22 11:30am: LIFT w/Bob	23 8:00am: LIFT w/Andrea 6:00pm: LIFT w/Chris	24 5:00am: LIFT w/Bob 7:00pm: LIFT w/Drew	25	26 5:00am: LIFT w/Bob 6:00pm: LIFT w/Chris	27	28 9:00am: LIFT w/Bob 10:30am: LIFT w/Bob
29 11:30am: LIFT w/Drew	30 8:00am: LIFT w/Andrea 6:00pm: LIFT w/Chris	31 5:00am: LIFT w/Bob 7:00pm: LIFT w/Drew				

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



Group Fitness Class Descriptions

(Included in Power & Endurance Packages)

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

Rise & Shine : Get your intense 30-minute workout done early! Rise & Shine 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.

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, 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!

Ride & Relevé: This class combines both cycling and barre! Get your muscles nice and warm on the bike, and then move to the traditional barre exercises you know and love. Athletic shoes are required.

Ride Express: If you have 30 minutes, you have a "Ride"! This is a heart pumping cycling class that will certainly burn calories fast.

Forever Fit : This class is a low impact, low intensity, full body functional fitness class. Using hand weights, and a variety of other equipment the instructor will take clients through a walking program to build strength and balance. This class is for all fitness levels.

Yoga: Let your breath guide you through this well-rounded class that stretches, strengthens and de-stresses your entire body and mind. Safe & effective for all bodies and conditions.

Barbell Blitz: This 50 minute HIIT class utilizes lots of barbell reps with LESS weight, so you won't get the bulk strength. Don't want to do a lot of reps? It's okay, you can make the adjustment, and you can adjust the weights to your liking too.

On the Ball: This 40 minute class is full of stability movements for an overall body workout on the stability ball. You will work muscles you never knew you had.

Cardio Kick Pump: Strengthen your body with kickboxing and pumping iron all in one class. Cardio Kick Pump incorporates heavy bag work while kicking and punching, and pumping light barbells with lots of reps.

upLIFT: Positive Vibes! Positive Music! Positive Results! The upLIFT class is a total-body choreographed strength class that utilizes dumbbells and body weight to tone and strengthen the entire body and "upLIFT" your mood! No muscle group gets left behind!

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.

Premium Class Series

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 session for \$150).