

September Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
For Your Safety - We physically distance clients through small class size - We routinely fog our facility with disinfectant		1	2	3	4	5	
		5:45am: Ride 12:00pm: Total Body Dumbbells 12:00pm: Virtual Total Body Dumbbells 5:30pm: Pedal & Pump 6:30pm: Lift (premium class)	6:00am: Lift (premium class) 10:15am: Yoga 10:15am: Virtual Yoga 6:00pm: Cardio Kitck Pump 6:00pm: Virtual Cardio Kick Pump	5:45am: Pedal & Pump 12:00pm: Total Body Dumbbells 12:00pm: Virtual Total Body Dumbbells 5:30pm: Forever Fit 5:30pm: Pedal & Pump 6:30pm: Barbell Blitz	8:00am: Ropes on Fire 8:00am: Virtual Ropes on Fire 12:00pm: Lunch Crunch 12:00pm: Virtual Lunch Crunch 9:00am: TRX	8:00am: Kick, Punch & Crunch 8:00am: Pedal & Pump 9:10am: P.A.C.E. Boot Camp 9:10am: Virtual P.A.C.E. Boot Camp	
	6	7	8	9	10	11	12
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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 in-person/ \$79 6-mo. includes virtual also.					



Group Fitness Class Descriptions

(Included in Power & Endurance Packages)

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

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.

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

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.

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!

Lunch Crunch: Do your lunch break right! This 30 minute class will give you a total body workout using your own body weight and more!

P.A.C.E . Boot Camp : 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: indoor 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: RIDE is an indoor cycling class that is a highly effective way to build cardiovascular strength and endurance. Designed for all levels.

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

Ropes on Fire: This 30-minute class uses battle ropes. You will work through a variety of movements in sets for a whole-body workout. Your arms, back, core, chest and legs will all be involved.

Total Body Dumbbells: This is a 30 minute dumbbell class that hits your total body from multiple angles for strength and endurance.

TRX: In this class you will use suspension straps and body weight exercises to develop strength, balance, flexibility and core stability. The straps leverage gravity and the user's body weight to complete the exercise.

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.

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).