

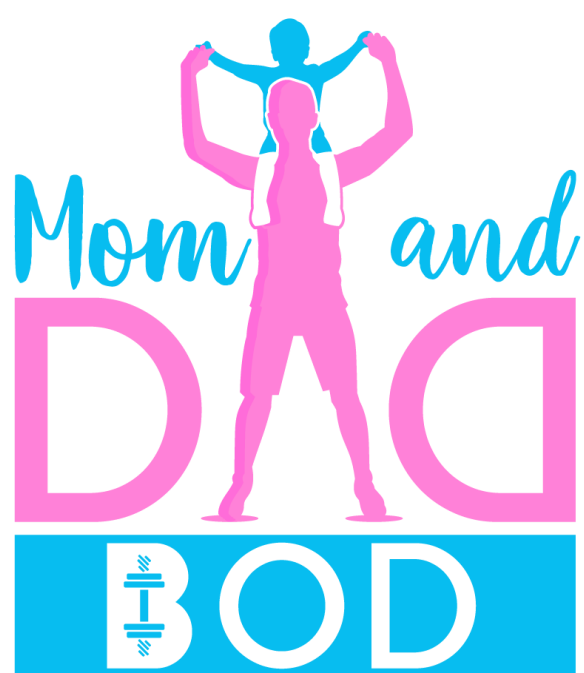
class descriptions



Join this unique workout program that offers the intensity of bootcamp with the swag and fun of a dance fitness session!



Strengthen large muscle groups through a variety of resistance exercises that focus on functional movements as well as improving balance, flexibility, speed & agility.



A workout class based on movements derived from raising young children. Perfect for expecting parents, new parents, grandparents, teachers, or anyone who wants a great workout!



Increase your coordination, balance, endurance & overall strength by incorporating the basics of boxing into your fitness routine.



In this class the foundational yoga postures are practiced to align, strengthen & promote flexibility in the body. Breathing techniques and meditation are also integrated.

Attend for free! Please RSVP at join@spirit-club.com, (301) 933-3722, or open your phone's camera & hold it up to this QR code:

