

WHAT MOVES YOU?

7 Days, 7 FREE Demos!

Date	Class	Time
Fri, Dec. 13	Mix It Up (Dance Fitness)	9:30-10:30am
Sat, Dec. 14	Total Body Strength	10:30-11:30am
Sun, Dec. 15	Mom & Dad Bod	10:00-11:00am
Mon, Dec. 16	Boxing for Fitness	9:00-10:00am
Tues, Dec. 17	SPIRiT Yoga	9:30-10:30am
Wed, Dec. 18	Mom & Dad Bod	9:30-10:30am
Thur, Dec. 19	Total Body Strength	9:00-10:00am

All programs offer scalable versions of exercises to ensure participants of all abilities can be both challenged & supported

Attend for free! Please RSVP at join@spirit-club.com; (301) 933-3722

SPIRiT Club Gym: 10417 Kensington Pkwy, Kensington, MD 20895

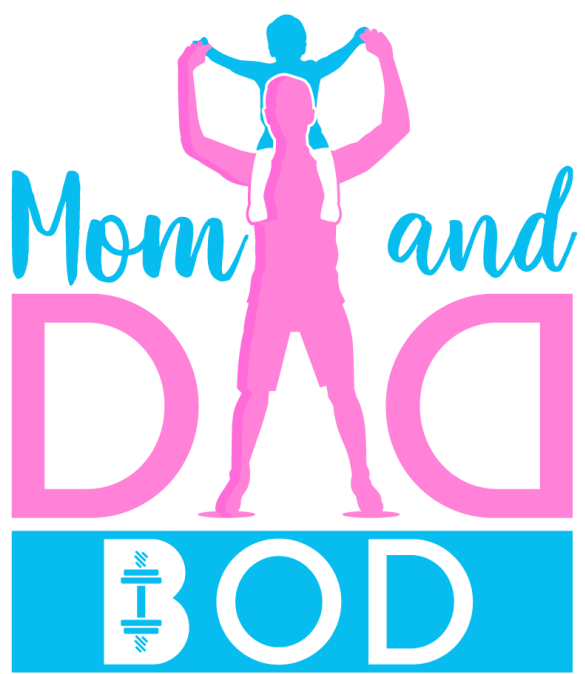
class descriptions



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.



SPIRIT YOGA

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:

