

Xpose Fitness

Schedule of Classes for November 2017

All Classes are 50 minutes in length. Please arrive early to check in.

Pole class starts promptly. If you are not here at the start of your reserved class, your pole **will be** forfeited to the next person on the list.

If you are not in the classroom 15 minutes after the start of class, you will not be permitted to enter.

It is recommended to register online to reserve your spot in class. We take reservations 24 hours in advance.

Classes and Instructors are subject to change.

Each of our classes uses isometric exercises to sculpt and strengthen every major muscle group in the body.

We also utilize complex stretches, which enhance flexibility and produce long, lean, feminine muscles. Although these classes are not based on aerobic activity, you will definitely attain cardiovascular results. New moves are incorporated into our classes every week to keep your interest and challenge your body. Please see reverse side for class descriptions.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>\$5 FRIDAY</u> <i>All classes just \$5 each!</i>	<u>SATURDAY</u>	<u>SUNDAY</u>
10:00am X-Fit Melissa	10:00am Pole 2/3 Tegan	10:00am Floor/Chair Melissa	10:00am Pole 2/3 Tegan	10:00am Floor/Chair Leanna	9:30am Floor/Chair Chrissy Pole Fit Alexis	9:30am Pole 3/4 Carmen
11:00am Pole 1/2 Melissa	11:00am Floor/Chair Tegan	11:00am Pole Fit Melissa	11:00am Floor/Chair Tegan	11:00am Pole 1/2 Leanna	10:30am Pole 5 Chrissy Sexy Stretch Alexis	10:30am Floor/Chair Carmen
<i>12:00pm-5:00pm</i> <i>*Pole Practice time*</i>	12:00pm Tricks & Spins Tegan <i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	12:00am Sexy Stretch Melissa <i>3:00pm-5:00pm</i> <i>*Pole Practice time*</i>	12:00pm Tricks & Spins Tegan <i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	<i>12:00pm-4:00pm</i> <i>*Pole Practice time*</i> 4:30pm Pole 1 Joanna W	**12:00 Noon-FREE Introductory Class** Free to all new Clients Chrissy	11:30am Sexy Stretch Carmen **You Must be at least 18 years of age to participate in the Xpose Fitness Program**
5:30pm Pole 3 Leanna	5:30pm Pole 1/2 Alexis Floor/Chair Ashley	5:30pm Pole 3 Lisa	5:30pm Pole 1/2 Ashley Floor/Chair Carmen	5:30pm Pole 2 Lisa POUND Joanna W	1:00pm Pole 1 Jess	
6:30pm Pole 1/2 Jillian Sexy Stretch Leanna	6:30pm Pole 3/4 Alexis Sexy Stretch Ashley	6:30pm Pole 1/2 Jillian Sexy Stretch Lisa	6:30 pm Pole 3/4 Carmen Sexy Stretch Ashley	6:30pm Tricks and Spins Lisa Sexy Stretch Joanna W	2:00pm Pole 2/3 Jess	*Pole Practice time on Monday-Friday is by appointment ONLY. Please call to schedule an appointment*
7:30pm Tricks&Spins Leanna Floor/Chair Jillian	7:30pm Co-Ed Pole Fit Ashley Co-Ed X-Fit Alexis	7:30pm Tricks&Spins Lisa Floor/Chair Jillian	7:30pm Co-Ed Pole Fit Ashley Co-Ed X-Fit Carmen	7:30pm Pole 1 Joanna W Floor/Chair Lisa	3:00 pm Co-Ed Tricks & Spins Jess	

RESERVATION POLICY

Reservations are taken only on the day or the day before the desired class. Phone reservations are taken by calling 410-661-1301 ONLY if you have a Class Card. If you do not have one, you may prepay and reserve online at www.xposefitness.com. Pole reservations will not be accepted if left as a message on our voicemail. If you do not cancel 2 hours prior to class, a class will be deducted from you card.

*****PHOTO ID IS REQUIRED TO ENTER THE STUDIO IF YOU ARE A NEW CLIENT (HAVE NOT VISITED IN THE PAST YEAR)*****



Types of Classes

FREE Introductory Class: This class is free to *New Clients Only* and is held every Saturday at Noon. Clients will participate in a Floor Class and enjoy a Chair and Pole demonstration. This class is recommended but not mandatory before beginning other classes.

Floor /Chair Class: Open to all fitness levels. This class combines Yoga and Pilates with exotic floor & chair dancing and uses isometric exercises to sculpt and tone every major muscle group. Heels may be worn, but are not required.*

Sexy Stretch Class: Open to all fitness levels. This class is designed to increase your overall flexibility and promote proper form by combining Yoga and Pilates with exotic floor & chair dancing at a slower pace. You will take this class in socks or bare-feet.

X-Fit: Open to all fitness levels. This class is designed to get your heart rate up while doing fun moves on a stability ball and with a resistance band. You will get a full-bodied strengthening work out. Sneakers recommended.

POUND: Rock out, Work out! Pound combines cardio training with basic drumming to give you a fun, upbeat, and easy to follow full-bodied workout. We provide the drumsticks! All fitness levels welcome! Sneakers recommended.

Pole Class: Pole Classes are separated into levels 1-5 to accommodate all fitness levels. Pole work will strengthen and tone your body with isometric exercises that utilize the pole and your own body weight as resistance. Heels may be worn, but not required.*

Pole Level 1: Beginner Class consisting of Basic Transitional and Strengthening Moves

Pole Level 2: Transitional & Strengthening Moves, Basic Spins and Holds

Pole Level 3: Advanced Spins & Combinations, Holds, Basic Mounts & Climbing

Pole Level 4: Advanced/Combo Spins, Holds & Mounts, Climbing, and Basic Inverted Moves

Pole Level 5: Advanced/Combo Spins, Holds & Mounts, Climbing, and Advanced Inverted Moves

Pole Fit: This class utilizes the pole for strength training specific to pole classes. All levels welcome! Sneakers recommended.

Tricks & Spins: This pole class focuses on helping you to achieve specific pole moves that you are personally working on. All levels welcome!

Pole Practice Time: \$10/ hour. Not a Class. No Instructor. Dance at your own risk. By Appointment ONLY! **Call for an appointment.**

* The width of the heel must be at least the size of a quarter and there must be a full ankle strap/support.

Pricing Options

We do not believe in commitment. Women lead busy lives and should not have to pay for time away from the gym. We do not charge membership fees, monthly dues, or initiation fees. You may purchase classes individually, or save money by purchasing a Class Card; they expire 90 days from date of purchase (extensions may be granted up to 1 year) and may be used for any class on our regular schedule.

Class Cards are non-refundable and non-transferable. No exceptions.

1 Class.....\$14.00

\$5.00 Friday Special- all classes all day on Fridays Only are just \$5.00 each!

Class Cards

6 Class Card	\$59.00 (Save \$25.00!)
12 Class Card	\$99.00 (Save \$69.00!)
24 Class Card	\$184.00 (Save \$152.00!)

Other Passes

Intro Offer (NEW Clients Only)	\$39.00
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Take an unlimited amount of classes for 2 weeks.

Add clear heels and a mini-backpack to the package for **\$74.99!**

30 Day Daytime Pass	\$69.00
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Take an unlimited amount of classes Monday-Friday before 4pm for 30 calendar days.

30 Day Unlimited Pass (Anytime)	\$99.00
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Take an unlimited amount of classes any day of the week, anytime, for 30 calendar days.

Weekend Warrior Pass	\$79.00
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Take an unlimited amount of classes Friday-Sunday for 30 calendar days.

Intro to Auto-Renewal	\$75.00 per month
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A 30 day pass automatically renews 30 days from date of purchase for 90 consecutive days.

Available only to clients new to Auto-pay.

Renew your 3 month auto-pay and receive each month for only **\$89.00!**

Subject to a \$25 registration fee for first time sign-ups.

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