

Xpose Fitness

Schedule of Classes for March 2019

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 class, your pole will be forfeited to the next person on the wait 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	\$5 FRIDAY <i>All classes just \$5 each!</i>	SATURDAY	SUNDAY
10:00am Floor/Chair Melissa	10:00am Pole 2/3 Joanna W	10:00am Pole-Barre Sculpt Melissa <i>\$5 Drop-In this month</i>	10:00am Pole 3/4 Tegan	10:00am Floor/Chair Melissa	9:30am Pole 1/2 Alexis Floor/Chair Chrissy	9:30am Pole 3/4 Leanna
11:00am Pole 1/2 Melissa	11:00am Floor/Chair Joanna W	11:00am Sexy Stretch Melissa <i>\$5 Drop-In this month</i>	11:00am Floor/Chair Tegan	11:00am Pole 1/2 Melissa	10:30am Pole 5 Chrissy Sexy Stretch Alexis	10:30am Chair Flow Leanna
12:00pm Pole 2/3 Melissa	12:00pm Tricks & Spins Joanna W		12:00pm Tricks & Spins Tegan	12:00pm-4:00pm <i>*Pole Practice time*</i>	12:00 pm- FREE Introductory Class for all new Clients Jessica	11:30am Sexy Stretch Leanna
1:00pm-5:00pm <i>*Pole Practice time*</i>	1:00pm-5:00pm <i>*Pole Practice time*</i>	12:00pm-5:00pm <i>*Pole Practice Time*</i>	1:00pm-5:00pm <i>*Pole Practice time*</i>	4:30 pm Pole 1 Lisa Floor/Chair Joanna W	1:00pm Pole 1 Jessica Chair Tricks Jillian	<i>**You Must be at least 18 years of age to participate in the Xpose Fitness Program**</i>
5:30pm Pole 3 Lisa Floor/Chair Ashley	5:30pm Pole 1/2 Carmen Floor/Chair Alexis	5:30pm Pole 3 Tegan	5:30pm Pole 1/2 Alexis Floor/Chair Carmen	5:30pm Pole 2 Lisa POUND Joanna W	2:00pm Pole 2/3 Jillian Chair Flow Jessica	
6:30pm Pole 1/2 Lisa Sexy Stretch Ashley	6:30pm Pole 3/4 Alexis Sexy Stretch Carmen	6:30pm Tricks & Spins Tegan Chair Flow Jillian	6:30 pm Pole 4/5 Carmen Sexy Stretch Alexis	6:30pm Tricks & Spins Lisa Sexy Stretch Joanna W	3:00 pm Co-Ed Tricks & Spins Jessica	<i>*Pole Practice time on Monday-Friday is by appointment ONLY. Please call to schedule an appointment*</i>
7:30pm Tricks & Spins Ashley Booty Basics Lisa	7:30pm Co-Ed Pole Fit Alexis Co-Ed POUND Claire	7:30pm Pole 1/2 Jillian Floor/Chair Tegan 8:30pm Be Xposed Jada	7:30pm Co-Ed Pole Fit Alexis Chair Flow Carmen	7:30pm Pole 1 Joanna W Booty Basics Lisa		

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 an active 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 your card. Unlimited class options are subject to a \$10 "no-call, no-show" cancellation fee.

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



CLASS OFFERINGS

POLE CLASSES

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

Tricks & Spins: This pole class focuses on helping you to achieve specific pole moves that you are personally working on. All levels welcome! Heels may be worn, but not required.*

FLOOR/CHAIR

Floor/Chair: 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.*

Chair Tricks: This class utilizes floor/chair moves along with balances and tricks using the floor and chair. Appropriate for all levels. Knee pads recommended. Heels may be worn, but are not required.*

Booty Basics: This class will teach the basics of booty work. Come learn how to pop it, shake it, twerk it! All fitness levels welcome. Bare feet or sneakers recommended.

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 pole demonstration. This class is recommended but not mandatory before beginning other classes.

SEXY

Sexy Stretch: 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.

Chair Flow: This class utilizes Floor/Chair moves in a dance based class. This class is appropriate for all levels. Heels may be worn, but are not required.*

Be Xposed (\$10 Drop in): Xpose is excited to welcome Jada Hudson all March for *Femme Fatale - Unleash Your Inner Vixen*. This is choreography-based class dedicated to unlocking and exploring the vixen inside of all of us through sensual, sexy, and sassy movement. All fitness levels welcome. Be Xposed features a different instructor each month.

WORK-OUT

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 Fit: This class utilizes the pole for strength and cardiovascular training specific to pole fitness. All levels welcome! Sneakers recommended.

Pole-Barre Sculpt: Strengthen and tone those muscles in a full body workout using the pole for resistance and stability! This class provides a full-body workout using core control and small isometric movements, the perfect complement to your current routine. All fitness levels welcome. Bare feet or socks recommended.

***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

Drop in Class (One Class).....\$16.00

Wednesday Mornings (10 am and 11 am) are a \$5 Drop-in for March
****\$5.00 Friday Special- all classes all day on Fridays Only are just \$5.00 each!***

Be Xposed on Wednesday Evenings is a \$10 Drop in

Class Cards

6 Class Card	\$69.00 (Save \$27.00!)
12 Class Card	\$114.00 (Save \$78.00!)
24 Class Card	\$199.00 (Save \$185.00!)

Intro Offer (NEW Clients Only) \$45.00

Take an unlimited amount of classes for 2 weeks.

Add clear heels and a mini-backpack to the package for **\$79.99!**

Other Passes

30 Day Daytime Pass

\$79.00

Take an unlimited amount of classes Monday-Friday before 4pm for 30 calendar days.

30 Day Unlimited Pass (Anytime)

\$109.00

Take an unlimited amount of classes any day of the week, anytime, for 30 calendar days.

Intro to Auto-Renewal

\$85.00 per month

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 **\$99.00!**

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