

# 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.

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

### **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](http://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. 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)\*\*\***

## Xpose Fitness Towson

1700 Joan Avenue, Baltimore, MD 21234

410.661.1301



Visit our website!  
[www.xposefitness.com](http://www.xposefitness.com)

## 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

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

### **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

<b>30 Day Daytime Pass</b>	<b>\$79.00</b>
Take an unlimited amount of classes Monday-Friday before 4pm for 30 calendar days.	
<b>30 Day Unlimited Pass (Anytime)</b>	<b>\$109.00</b>
Take an unlimited amount of classes any day of the week, anytime, for 30 calendar days.	
<b>Intro to Auto-Renewal</b>	<b>\$85.00 per month</b>

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.

**Please see a full list of our policies in-studio or online at [xposefitness.com](http://xposefitness.com)**