

# Xpose Fitness

## Schedule of Classes for May 2018

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>
<b>10:00am</b> <b>X-Fit</b> Melissa	<b>10:00am</b> <b>Pole 2/3</b> Tegan	<b>10:00am</b> <b>Floor/Chair</b> Melissa	<b>10:00am</b> <b>Pole 3/4</b> Tegan	<b>10:00am</b> <b>Floor/Chair</b> Leanna	<b>9:30am</b> <b>Floor/Chair</b> Chrissy <b>Pole Fit</b> Alexis	<b>9:30am</b> <b>Pole 3/4</b> Jessica
<b>11:00am</b> <b>Pole 1/2</b> Melissa	<b>11:00am</b> <b>Floor/Chair</b> Tegan	<b>11:00am</b> <b>Pole Fit</b> Melissa	<b>11:00am</b> <b>Floor/Chair</b> Tegan	<b>11:00am</b> <b>Pole 1/2</b> Leanna	<b>10:30am</b> <b>Pole 5</b> Chrissy <b>Sexy Stretch</b> Alexis	<b>10:30am</b> <b>Floor/Chair</b> Jessica
<b>12:00pm</b> <b>Pole 2/3</b> Melissa  <i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	<b>12:00pm</b> <b>Tricks &amp; Spins</b> Tegan  <i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	<b>12:00pm</b> <b>Sexy Stretch</b> Melissa  <i>3:00pm-5:00pm</i> <i>*Pole Practice time*</i>	<b>12:00pm</b> <b>Tricks &amp; Spins</b> Tegan  <i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	<i>12:00pm-4:00pm</i> <i>*Pole Practice time*</i>  <b>4:30pm</b> <b>Pole 1</b> Lisa <b>Floor/Chair</b> Joanna W	<b>**12:00 Noon-FREE Introductory Class**</b> <b>Free to all new Clients</b> <b>Chrissy</b>	<b>11:30am</b> <b>Sexy Stretch</b> Jessica
<b>5:30pm</b> <b>Pole 3</b> Ashley <b>Floor/Chair</b> Carmen	<b>5:30pm</b> <b>Pole 1/2</b> Alexis <b>Sexy Stretch</b> Tegan	<b>5:30pm</b> <b>Pole 3</b> Lisa <b>Floor/Chair</b> Leanna	<b>5:30pm</b> <b>Pole Flow</b> Carmen <b>Sexy Stretch</b> Ashley	<b>5:30pm</b> <b>Pole 2</b> Lisa <b>POUND</b> Joanna W	<b>1:00pm</b> <b>Pole 1</b> Jillian	<b>**You Must be at least 18 years of age to participate in the Xpose Fitness Program**</b>
<b>6:30pm</b> <b>Pole 1/2</b> Carmen <b>Sexy Stretch</b> Ashley	<b>6:30pm</b> <b>Pole 3/4</b> Alexis <b>Floor/Chair</b> Jillian	<b>6:30pm</b> <b>Pole 1/2</b> Lisa <b>Sexy Stretch</b> Leanna	<b>6:30 pm</b> <b>Pole 4</b> Carmen <b>Floor/Chair</b> Ashley	<b>6:30pm</b> <b>Tricks &amp; Spins</b> Lisa <b>Sexy Stretch</b> Joanna W		<b>2:00pm</b> <b>Pole 2/3</b> Jillian
<b>7:30pm</b> <b>Tricks&amp;Spins</b> Carmen <b>Floor/Chair</b> Ashley	<b>7:30pm</b> <b>Co-Ed Pole Fit</b> Jillian <b>Co-Ed X-Fit</b> Alexis	<b>7:30pm</b> <b>Tricks&amp;Spins</b> Leanna <b>Floor/Chair</b> Lisa	<b>7:30pm</b> <b>Co-Ed Pole Fit</b> Ashley <b>Co-Ed X-Fit</b> Carmen	<b>7:30pm</b> <b>Pole 1</b> Joanna W <b>Floor/Chair</b> Lisa	<b>3:00 pm</b> <b>Co-Ed Tricks &amp; Spins</b> Jillian	
		<b>8:30pm</b> Be Xposed Sydney				

### 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](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.

**\*\*\*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!

### 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.\*

**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.

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

### 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.

**Pole Flow:** This is a pole class designed to help you smooth out transitions and work on choreography. This class is recommended for clients level 2 and above. Heels may be worn, but not required\*

**Be Xposed (\$10 Drop in):** This class is designed to help you embrace your inner sexy and will feature a new instructor each month. This month, come get frisky with "Floorplay". Sydney will be teaching floor work and sexy transitions. Knee pads, leg warmers, and heels\* encouraged, but not required.

### WORK-OUT

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

## 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.**

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

**\*\$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>Weekend Warrior Pass</b>	<b>\$89.00</b>
Take an unlimited amount of classes Friday-Sunday 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.

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