



# WORK HARD, PLAY HARD.

**Fitness** for all abilities!

*Led by DDA and NCCA certified Trainers*

**Email us:** [jciner@spirit-club.com](mailto:jciner@spirit-club.com)

**Visit us:** [www.spirit-club.com](http://www.spirit-club.com)

**Call us:** 303.883.4364

*Personal Training*

*Partner Training*

*Group Classes*

*More!*

# GROUP CLASS SCHEDULE

| DAY       | TIME            | CLASS              | LOCATION                                    |
|-----------|-----------------|--------------------|---|
| MONDAY    | 10:00AM-11:00AM | SPIRIT Fitness I   | Owen Brown Village Center (Columbia)        |
|           | 10:15AM-11:15AM | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
|           | 10:45AM-11:45AM | SPIRIT Fitness I   | Under Armour Performance Center (Baltimore) |
|           | 11:30AM-12:30PM | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
|           | 1:00PM-2:00PM   | SPIRIT Fitness II  | SPIRIT Club Fitness Center (Kensington)     |
|           | 4:30PM-5:30PM   | SPIRIT Fitness I   | Ardmore Enterprises (Bowie)                 |
|           | 6:00PM-7:00PM   | SPIRIT Fitness I   | Holy Family Church (Mitchellville)          |
| TUESDAY   | 5:00PM-6:00PM   | SPIRIT Athletics I | SPIRIT Club Fitness Center (Kensington)     |
|           | 5:30PM-6:30PM   | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
|           | 6:30PM-7:30PM   | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
| WEDNESDAY | 5:00PM-6:00PM   | SPIRIT Yoga I      | SPIRIT Club Fitness Center (Kensington)     |
|           | 6:00PM-7:00PM   | SPIRIT Fitness I   | Salem United Methodist Church (Brookeville) |
|           | 6:30PM-7:30PM   | SPIRIT Fitness I   | Takoma Park Community Center (Takoma Park)  |
|           | 7:30PM-8:30PM   | SPIRIT Yoga I      | Takoma Park Community Center (Takoma Park)  |
| THURSDAY  | 5:00PM-6:00PM   | SPIRIT Zumba I     | SPIRIT Club Fitness Center (Kensington)     |
|           | 6:00PM-7:00PM   | SPIRIT Fitness I   | Benjamin Gaither Center (Gaithersburg)      |
| FRIDAY    | 10:00AM-11:00AM | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
| SUNDAY    | 12:30PM-1:30PM  | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
|           | 1:30PM-2:30PM   | SPIRIT Fitness I   | SPIRIT Club Fitness Center (Kensington)     |
|           | 3:30PM-4:30PM   | SPIRIT Fitness I   | Chevy Chase Athletic Club (Chevy Chase)     |
|           | 4:30PM-5:30PM   | SPIRIT Fitness I   | Chevy Chase Athletic Club (Chevy Chase)     |

classes ongoing!

## LOCATIONS

enroll anytime!

| MONTGOMERY COUNTY                                 |  |  |  |  |
|---|--|--|--|--|
| <b>SPIRIT Club, Kensington</b>                    | <b>Chevy Chase Athletic Club</b>           | <b>Takoma Park Community Center</b>        | <b>Salem United Church, Brookeville</b>  | <b>Benjamin Gaither Center, Gaithersburg</b> |
| 10417-B Metropolitan Ave Kensington, MD 20895     | 5454 Wisconsin Ave Chevy Chase, MD 20815   | 7500 Maple Ave Takoma Park, MD 20912       | 12 High St, Brookeville, MD 20833        | 80 Bureau Dr. Gaithersburg, MD 20878         |
| COLUMBIA & BALTIMORE                              |  | PRINCE GEORGE'S COUNTY                     |  |  |
| <b>Under Armour Performance Center, Baltimore</b> | <b>Owen Brown Village Center, Columbia</b> | <b>Holy Family Church, Mitchellville</b>   | <b>Ardmore Enterprises, Bowie</b>        |  |
| 1020 Hull St. Baltimore, MD 21230                 | 6800 Cradlerock Way, Columbia, MD 21045    | 12010 Woodmore Rd, Mitchellville, MD 20721 | 3010 Lottsford Vista Rd, Bowie, MD 20721 |  |

