



Fitness for all abilities!

*Personal Training
Partner Training
Group Classes
More!*

**WORK HARD,
PLAY HARD.**

Led by DDA and NCCA certified Trainers

Email us: jciner@spirit-club.com

Visit us: www.spirit-club.com

Call us: 301.933.3722

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) |
| | 6:00PM-7:00PM | SPIRIT Fitness I | Arc of Prince George's County (Largo) |
| 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) |
| | 6:00PM-7:00PM | SPIRIT Fitness I | Ardmore Enterprises (Bowie) |
| | 6:30PM-7:30PM | SPIRIT Fitness I | SPIRIT Club Fitness Center (Kensington) |
| | 7:00PM-8:00PM | SPIRIT Fitness I | Ardmore Enterprises (Bowie) |
| 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) |
| | 6:15PM-7:15PM | SPIRIT Fitness I | St. Rose of Lima Church (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

**SPIRIT Club,
Kensington**

**Chevy Chase
Athletic Club**

**Takoma Park
Community
Center**

**Salem United
Church,
Brookeville**

**St. Rose of Lima
Church**

10417 Kensington
Parkway Kensington,
MD 20895

5454 Wisconsin
Ave Chevy Chase,
MD 20815

7500 Maple Ave
Takoma Park,
MD 20912

12 High St,
Brookeville, MD
20833

11701 Clopper Rd,
Gaithersburg, MD
20878

COLUMBIA & BALTIMORE

**Under Armour
Performance Center,
Baltimore**

**Owen Brown Village
Center, Columbia**

PRINCE GEORGE'S COUNTY

**Arc of Prince
George's County**

**Ardmore
Enterprises,
Bowie**

1020 Hull St. Baltimore,
MD 21230

6800 Cradlerock Way,
Columbia, MD 21045

1401 McCormick Dr,
Upper Marlboro, MD
20774

3010 Lottsford Vista
Rd, Bowie, MD 20721

