



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)
	10:45AM-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

PRINCE GEORGE'S COUNTY

Under Armour Performance Center, Baltimore

Owen Brown Village Center, Columbia

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

