



Fitness for all abilities!

Personal Training
Partner Training
Group Classes
More!

**WORK HARD,
PLAY HARD.**

Led by DDA and NCCA certified Trainers

Email us: join@spirit-club.com

Visit us: www.spirit-club.com

Call us: 301.933.3722

GROUP CLASS SCHEDULE

DAY	TIME	CLASS	LOCATION
MONDAY	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)
	3:00PM-4:00PM	SPIRIT Steps	SPIRIT Club Fitness Center (Kensington)
	5:00PM-6:00PM	SPIRIT Fitness I	Arc of Prince George's County (Largo)
	6:00PM-7:00PM	SPIRIT Fitness I	Arc of Prince George's County (Largo)
TUESDAY	5:00PM-6:00PM	SPIRIT Athletics	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)
WEDNESDAY	5:00PM-6:00PM	SPIRIT Yoga	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)
THURSDAY	5:00PM-6:00PM	SPIRIT Zumba	SPIRIT Club Fitness Center (Kensington)
	6:00PM-7:00PM	SPIRIT Boxing	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)

ENROLLMENT
ONGOING!

LOCATIONS

SCHOLARSHIPS
AVAILABLE!

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

