

FITNESS ON THE RUN

SEPTEMBER CLASS SCHEDULE

109 South Alfred Street ~ Alexandria
703-299-9333 or contact@fitnessontherun.net

www.fitnessontherun.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6 am Boot Camp 7am Boot Camp 7pm Mat Pilates	2 7am Core & Balls 8am Boot Camp 9am TRX 7pm TRX	3 7am **Boot Camp (Outside weather permitting)	4 7am Group Run 8am Boot Camp 10am Kettlebell
5	6 LABOR DAY 7 pm Kettlebell	7 7am Core & Balls 9am Boot Camp 7pm Boot Camp	8 6 am Boot Camp 7am Boot Camp 7pm Mat Pilates	9 7am Core & Balls 8am Boot Camp 9am TRX 7pm TRX	10 7am **Boot Camp (Outside weather permitting)	11 7am Group Run 8am Boot Camp 10am Kettlebell
12	13 7 am Boot Camp 7 pm Kettlebell	14 7am Core & Balls 9am Boot Camp 7pm Boot Camp	15 6 am Boot Camp 7am Boot Camp 7pm Mat Pilates	16 7am Core & Balls 8am Boot Camp 9am TRX 7pm TRX	17 7am **Boot Camp (Outside weather permitting)	18 7am Group Run 8am Boot Camp 10am Kettlebell
19 Woodrow Wilson Bridge Half Marathon	20 7 am Boot Camp 7 pm Kettlebell	21 7am Core & Balls 9am Boot Camp 7pm Boot Camp	22 6 am Boot Camp 7am Boot Camp 7pm Cupcake Workshop	23 7am Core & Balls 8am Boot Camp 9am TRX 7pm TRX	24 7am **Boot Camp (Outside weather permitting)	25 8am Boot Camp 10am Kettlebell
26	27 7 am Boot Camp 7 pm Kettlebell	28 7am Core & Balls 9am Boot Camp 7pm Boot Camp	29 6 am Boot Camp 7am Boot Camp	30 7am Core & Balls 8am Boot Camp 9am TRX 7pm TRX		
					<u>*PACKAGES:</u> Unlimited: \$219 12 Classes: \$204 8 Classes: \$152 Single Class:\$24	

** Class Packages include all classes. Kettlebell requires 2 personal sessions or instructor approval with prior KB experience*

CLASS DESCRIPTIONS

Classes are designed for all fitness levels!

Boot Camp

Boot camp is a fun, energizing way to get and stay in shape. Workouts include multi-station circuit training utilizing body weight exercises and equipment, as well as cardio intervals.

Core & Balls

A full body workout utilizing stability balls and medicine balls of various weights and sizes. We'll all focus on your "core". If you don't think you have a core now, after this class, your core will be stronger than ever. Your "core" is a combination of your back and your abdominals. We will work with you to engage these muscles in order to gain better "body awareness" of these important muscle groups. With the appropriate use of the core, your workouts will become much more effective.

Kettlebells (KB)

A kettlebell class works your whole body, using equipment that look like iron cannonballs with handles. This high-energy intense work-out will give you the cardio health and strength that you crave while burning maximum fat and boosting your metabolism! *Pre-requisite: Mandatory 2 one-on-one training sessions with RKC instructor to learn the basics, unless you have prior experience and instructor approval.*

Mat Pilates

A pilates class for all levels involving equipment free exercises preformed on a matt. This class will strengthen your core and improve flexibility and balance. This class will also help to alleviate lower back pain.

TRX

TRX(TM) suspension training is a revolutionary method of leveraging bodyweight exercises with merely two straps suspended from above...either the wall or the ceiling. This is an excellent exercise program for golfers, the military and anyone interested in low or high impact fitness. We are excited to offer one of the first organized classes in the Washington DC area. Let us teach you how to get the most efficient and effective workouts with the TRX system. Maybe we can even convince you to install the system in your home or office!