

Xpose Fitness

Schedule of Classes for September 2019

All Classes are 50 minutes in length. Please arrive early to check in.

Class starts promptly. If you are not here 3 minutes before start of class, your place will be forfeited to the next person on the wait list.

If you are not in the classroom 10 minutes after the start of class, you will not be permitted to enter.

Classes and Instructors are subject to change.

Each of our classes uses isometric exercises to sculpt and strengthen every major muscle group in the body.

New moves are incorporated into our classes every week to keep your interest and challenge you.

Please see reverse side for class descriptions.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>\$5 FRIDAY</u> <i>All classes just \$5 each!</i>	<u>SATURDAY</u>	<u>SUNDAY</u>
10:00am Floor/Chair Melissa	10:00am Pole 2/3 Joanna	10:00am Pole Sculpt Melissa	10:00am Pole 3/4 Tegan	10:00am Floor/Chair Melissa	8:30am Pole 3 Chrissy	9:30am Pole 3/4 Jessica
11:00am Pole 1/2 Melissa	11:00am Floor/Chair Joanna	11:00am Sexy Stretch Melissa	11:00am Floor/Chair Tegan	11:00am Pole 1/2 Melissa	9:30am Pole 1/2 Alexis Floor/Chair Chrissy	10:30am Floor/Chair Jessica
12:00pm Pole 2/3 Melissa	12:00pm Tricks & Spins Joanna	12:00pm-5:00pm <i>*Pole Practice Time*</i>	12:00pm Tricks & Spins Tegan	12:00pm-4:00pm <i>*Pole Practice time*</i>	10:30am Pole 5 Chrissy Sexy Stretch Alexis	11:30am Sexy Stretch Jessica
<i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	<i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>		<i>1:00pm-5:00pm</i> <i>*Pole Practice time*</i>	4:30 pm Pole 1 Lisa Flow & Floorwork Joanna	12:00 pm- FREE Introductory Class for all new Clients Leanna	**You Must be at least 18 years of age to participate in the Xpose Fitness Program**
Co-Ed Night! 5:30pm Pole 3 Lisa POUND Claire	5:30pm Pole 1/2 Carmen Floor/Chair Alexis	5:30pm Pole 3 Tegan Flow & Floorwork Jillian	5:30pm Pole 1/2 Alexis Floor/Chair Carmen	5:30pm Pole 2 Lisa POUND Joanna	1:00pm Pole 1 Leanna	
6:30pm Pole 1/2 Lisa Sexy Stretch Jillian	6:30pm Pole 3/4 Alexis Sexy Stretch Carmen	6:30pm Tricks & Spins Jillian POUND Tegan	6:30 pm Pole 4/5 Carmen Sexy Stretch Alexis	6:30pm Tricks & Spins Lisa Sexy Stretch Joanna	2:00pm Pole 2/3 Leanna	*Pole Practice time on Monday-Friday is by appointment ONLY. Please call to schedule an appointment*
7:30pm Tricks & Spins Jillian Booty Basics Lisa All Monday evening classes open to all genders!	7:30pm Co-Ed Pole Fit Alexis Flow & Floorwork Carmen	7:30pm Pole 1/2 Jillian Floor/Chair Tegan	7:30pm Co-Ed Pole Fit Alexis Flow & Floorwork Carmen	7:30pm Booty Basics Lisa	3:00 pm Co-Ed Tricks & Spins Leanna	
		8:30pm Be Xposed Tegan				

RESERVATION POLICY

We take reservations 24 hours in advance. Reservations can be made online via our website, Xposefitness.com. Phone reservations are only available to those with an active class card. Pole reservations will not be accepted if left as a message on our voicemail. If you do not cancel 2 hours prior to class, a class will be deducted from your card.

Unlimited class options are subject to a \$10 "no-call, no-show" cancellation fee.

PHOTO ID IS REQUIRED TO ENTER THE STUDIO IF YOU ARE A NEW CLIENT (HAVE NOT VISITED IN THE PAST YEAR)



CLASS OFFERINGS

SEXY

Sexy Stretch: Open to all fitness levels. This class is designed to increase your overall flexibility and promote proper form by combining yoga and Pilates with exotic floor & chair dancing at a slower pace. You will take this class in socks or bare-feet.

Flow & Floorwork: This class utilizes Floor/Chair moves along with floorwork in a dance based class. This class is appropriate for all levels. Heels may be worn, but are not required.* Knee pads are recommended.

Be Xposed (\$10 Drop in): This class is designed to help you embrace your inner sexy and will feature a new instructor each month. This September, Tegan is back with "Gettin' Tricky." You will learn a floor/chair routine with a floor or chair trick involved. This class is appropriate for all levels! Knee pads highly recommended! Heels recommended, but not required*

POLE CLASSES

Pole Classes are separated into levels 1-5 to accommodate all fitness levels. Our levels build on one another, so you will be expected to be familiar with moves from the previous levels. Heels* may be worn, but are not required

Pole Level 1: Beginner Class. Basic Transitional and Strengthening Moves

Pole Level 2: Basic spins and holds

Pole Level 3: Intermediate and combination spins. Climbing and basic upright holds.

Pole Level 4: Advanced and Combination spins. Advanced upright holds. Basic inverted holds.

Pole Level 5: Advanced inverted holds. Not recommended for beginners.

Tricks & Spins: This pole class focuses on helping you to achieve specific pole moves that you are personally working on. All levels welcome! Heels* may be worn, but not required.

FLOOR/CHAIR

Floor/Chair: Open to all fitness levels. This class combines yoga and Pilates with exotic floor & chair dancing and uses isometric exercises to sculpt and tone every major muscle group. Heels* may be worn, but are not required

Booty Basics: This class will teach the basics of booty work. Come learn how to pop it, shake it, twerk it! All fitness levels welcome. Bare feet or sneakers and knee pads recommended.

FREE Introductory Class: This class is free to *new clients only* and is held every Saturday at Noon. Clients will participate in a Floor/Class and enjoy a pole demonstration. This class is recommended but not mandatory before beginning other classes.

WORK-OUT

POUND: Rock out, Work out! Pound combines cardio training with basic drumming to give you a fun, upbeat, and easy to follow full-bodied workout. We provide the drumsticks. All fitness levels welcome! Sneakers recommended.

Pole Fit: Pole meets HIIT (high-intensity interval training)! This class utilizes the pole for strength and cardiovascular training specific to pole fitness. All levels welcome! Sneakers recommended.

Pole Sculpt: Strengthen and tone those muscles in a full body workout using the pole for resistance and stability! This class provides a full-body workout using core control and small isometric movements, the perfect complement to your current routine. All fitness levels welcome. Sneakers recommended.

***The width of the heel must be at least the size of a quarter and there must be a full ankle strap/support.**

PRICING OPTIONS

Drop in Class (One Class).....\$16.00

\$5.00 Friday Special- all classes all day on Fridays Only are just \$5.00 each!

Be Xposed on Wednesday Evenings is a \$10 Drop in

Class Cards

6 Class Card	\$69.00 (Save \$27.00!)
12 Class Card	\$114.00 (Save \$78.00!)
24 Class Card	\$199.00 (Save \$185.00!)

Intro Offer (NEW Clients Only) \$45.00

Take an unlimited amount of classes for 2 weeks.

Add clear heels and a mini-backpack to the package for **\$79.99!**

Other Passes

30 Day Daytime Pass	\$79.00
Take an unlimited amount of classes Monday-Friday before 4pm for 30 calendar days.	
30 Day Unlimited Pass (Anytime)	\$109.00
Take an unlimited amount of classes any day of the week, anytime, for 30 calendar days.	
Intro to Auto-Renewal	\$85.00 per month

A 30 day pass automatically renews 30 days from date of purchase for 90 consecutive days.

Available only to clients new to Auto-pay.

Renew your 3 month auto-pay and receive each month for only **\$99.00!**

Subject to a \$25 registration fee for first time sign-ups.

Please see a full list of our policies in-studio or online at xposefitness.com