

**Xpose Fitness – Arundel Mills
Schedule of Classes for August- 2010**

There is no need for a reservation for Floor/Chair or Sexy Stretch class.
It is recommended to call 410.799.4584 to reserve your spot in Pole class.
See below for Pole Reservation Policy.

Level 1 Pole: Beginner Class consisting of Basic Moves and Transitions
Level 2 Pole: Basic Spins, Transitional Moves, and Strengthening
Level 3 Pole: Sequencing Spins, Transitional Moves, and Strengthening
Level 4 Pole: Intricate Spins, Holds, Climbing, and Basic Inverted Moves
Level 5 Pole: More Elaborate Spins, Climbing, and Advanced Inverted Moves

<u>MON/WED/FRI</u>	<u>SATURDAY</u>	<u>TUES/THURS</u>
10AM - Floor/Chair Mon & Wed - Leah Fri - Christal	9:30AM – Floor/Chair Lindsey	11AM – Floor/Chair Hope
11AM – Pole Level 2 Mon & Wed – Leah Fri - Christal	10:30AM – Sexy Stretch Vanessa	12 Noon – Pole Level 4 Hope
4:00PM – 6:00PM ***Pole Practice Time***	10:30AM – Pole Level 4 Lindsey	4:00PM – 5:30PM *** Pole Practice Time***
5:00PM – Floor/Chair Hope	**12Noon - FREE Introductory Class** FREE to all new clients! Vanessa	5:30PM – Floor/Chair Leah
6PM – Sexy Stretch Mon & Wed - Alison Fri - Vanessa	1PM – Pole Level 1 Vanessa	5:30PM – Pole Levels 1 & 2 Vanessa
6PM – Pole Level 3 Hope	2PM – Floor/Chair Lindsey	6:30PM – Floor/Chair Vanessa
7PM – Floor/Chair Hope	2:00PM – 3:00PM ***Pole Practice Time***	6:30PM – Pole Level 3 Leah
7PM – Pole Level 1 Mon & Wed- Alison Fri - Vanessa	3PM – Pole Level 2 Lindsey	7:30PM – Floor/Chair Leah
		7:30PM – Pole Levels 4 & 5 Vanessa

All Classes are 50 minutes in length. Please arrive early to check in.
Floor/Chair and Sexy Stretch class is on a first come, first served basis.
See below for Pole reservation policy. Classes and Instructors are subject to change.
*****Pole Practice Time is charged at \$9.00 per hour. Stop in and out as you please.**
Pole Dancing at your own risk ☺ All Levels Welcome***
****Intro class is Free to all new clients every Saturday at Noon****

POLE RESERVATION POLICY

- **Reservations are taken only the day of or day before the desired class and ONLY if you have a class card. If you do not have a Class Card poles are first come, first served.**
- **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.**
- **Pole class starts promptly. If you are not here at the start of your reserved class, your pole will be forfeited to the next person on the list.**

