

Xpose Fitness – Annapolis
Schedule of Classes for August 2010

Pole Level 1: Strengthening, Walking, Transitional Moves (no spins)

Pole Level 2: Transitional Moves, Simple Spins, and Strengthening

Pole Level 3: Transitions, Spins, and Strengthening

Pole Level 4: Climbing, Intricate Spins, Inverted Moves, and Strengthening

Pole Tricks and Spins: A pole practice with instructor present

<p>MON/WED/FRI 11AM- Floor/Chair Rachal 4-6PM- Pole Practice (No Instructor) 5PM- Floor/Chair Rachal(Mon.&Fri.) 5PM- Sexy Stretch (Wed. only) Alicia 6PM- Floor/Chair (Mon)Kristina(Wed)Jamie S (Fri)Donna 6PM- Level 3/4 Pole Rachal 7PM- Floor/Chair (Wed. only) Rachal 7PM- Sexy Stretch (Mon. & Fri.)Rachal 7PM- Level 1/2 Pole (Mon)Kristina(Wed)Jamie S (Fri)Donna 8PM- Pole Tricks and Spins (Wed Only) Rachal</p>	<p style="text-align: center;">SATURDAY</p> <p>10AM –Level 2/3 Pole Jamie A/Jamie S 11AM –Floor/Chair Jamie A/Jamie S **12Noon - FREE Introductory Class Jamie A/Jamie S 1PM – Level 1 Jamie A/Jamie S</p> <p style="text-align: center;">***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***</p> <p style="text-align: center;">You must be over 18 to participate in the Xpose Fitness program</p> <p style="text-align: center;">***Zumba and Hip Hop Classes are \$15.00***</p>	<p style="text-align: center;">TUESDAY, THURSDAY</p> <p>11AM – All Levels Pole Rachal 4-5:30PM- Pole Practice (No Instructor) 5:30PM- Floor/Chair Donna(Tues) X-Tina(Thurs) 5:30PM- Level 2/3 Pole Christina W 6:30 PM- Floor/Chair Christina W 6:30PM- Level 1/2 Pole Donna(Tues)X-Tina(Thurs) 7:30PM- Level 3/4 Pole Christina W 7:30PM- Hip Hop (Tues only) 2nd and 4th weeks of month Sherri Jolly 7:30PM- Zumba (Tues Only) 1st, 3rd and 5th weeks of the month Sherri Jolly</p>
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All Classes are 50 minutes in length. Please arrive early to check in. Floor Chair class is on a first come – first served basis. See below for pole reservation policy.

Classes and Instructors are subject to change.

****Intro class is free to all new clients every Saturday at Noon****

Pole Reservation Policy

- *Reservations are only taken 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.*
- *If you neglect to cancel two hours prior to class, a class will still 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.*