

Xpose Fitness – Towson
Schedule of Classes for August 2010

You will need to call 410-661-1301 to reserve your spot in pole class.
 There is no need to register for Floor/Chair class.

Level 1 Pole: Strengthening, Walking, Transitional Moves (no spins)
Level 2 Pole: Transitional Moves, Simple Spins, and Strengthening
Level 3 Pole: Transitions, Spins, and Strength Training
Level 4 Pole: Climbing, Intricate Spins, Inverted Moves, and Strengthening
Level 5 Pole: More Elaborate Spins & Advanced Pole Tricks
ALL POLE: Pole level 1, 2 & 3 Instructional/Pole 4-5 PLAY POLE

MONDAY, WEDNESDAY, FRIDAY	SATURDAY	TUESDAY, THURSDAY
<p style="text-align: center;">No Mon AM Classes</p> <p style="text-align: center;">10AM - Floor/Chair Wed - Courtenay Fri - Trina</p> <p style="text-align: center;">11AM – All Levels Pole Wed - Courtenay Fri – Trina</p> <p style="text-align: center;">5PM- Floor/Chair Mon & Fri- Tess Wed- Kristen</p> <p style="text-align: center;">6PM – Floor/Chair Mon & Fri- Joanna Wed- Melissa</p> <p style="text-align: center;">6PM – Level 4 Pole Mon & Fri- Tess Wed- Kristen</p> <p style="text-align: center;">7PM – Floor/Chair <u>Sexy Stretch- Mon- Joanna</u> Wed- Kristen Fri- Tess</p> <p style="text-align: center;">7PM –Level 2 Pole Mon- Tess Fri- Joanna Wed- Melissa Pole 2/3</p>	<p style="text-align: center;">9:30AM – Floor/Chair Kristen</p> <p style="text-align: center;">10:30AM – Level 5 Pole Kristen</p> <p style="text-align: center;">**12 Noon FREE Intro Class** Kristen</p> <p style="text-align: center;">1PM – Level 1 Pole Melissa</p> <p style="text-align: center;">2PM – Floor/Chair Melissa</p> <p style="text-align: center;">3PM – Level 3/4 Pole Melissa</p>	<p style="text-align: center;">11AM – Floor/Chair Italy</p> <p style="text-align: center;">12 Noon – All Levels Pole Italy</p> <p style="text-align: center;">5:30PM – Floor/Chair Candace</p> <p style="text-align: center;">6:30PM – Floor/Chair Courtenay</p> <p style="text-align: center;">6:30PM – Candace Tues- Level 1 Pole Thurs- Level 2 Pole</p> <p style="text-align: center;">7:30 – Floor/Chair Candace</p> <p style="text-align: center;">7:30- Courtenay Tues- Pole 3 Thurs- Pole 4</p>

All Classes Are 50 minutes in length

Please arrive early to check in – Classes are first come, first served.

Classes and Instructors are scheduled according to the demand of our clients and 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.*