

FITNESS ON THE RUN

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

JULY CLASS SCHEDULE

www.fitnessontherun.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7am Boot Camp 8am Boot Camp 7pm Boot Camp	2 7am Core & Balls	3 7am Group Run 8am Boot Camp 9am TRX
4	5 7 am Core & Balls	6 7am TRX 8am TRX 7pm TRX	7 6 am Boot Camp 7am Boot Camp 7 pm Mat Pilates	8 7am Boot Camp 8am Boot Camp 7pm Boot Camp	9 7am Core & Balls	10 7am Group Run 8am Boot Camp 9am TRX
11	12 7 am Core & Balls 7 pm Kettlebell	13 7am TRX 8am TRX 7pm TRX	14 6 am Boot Camp 7am Boot Camp 7 pm Mat Pilates	15 7am Boot Camp 8am Boot Camp 7pm Boot Camp	16 7am Core & Balls	17 7am Group Run 8am Boot Camp 9am TRX
18	19 7 am Core & Balls 7 pm Kettlebell	20 7am TRX 8am TRX 7pm TRX	21 6 am Boot Camp 7am Boot Camp 7 pm Mat Pilates	22 7am Boot Camp 8am Boot Camp 7pm Boot Camp	23 7am Core & Balls	24 7am Group Run 8am Boot Camp 9am TRX
25	26 7 am Core & Balls 7 pm Kettlebell	27 7am TRX 8am TRX 7pm TRX	28 6 am Boot Camp 7am Boot Camp 7 pm Mat Pilates	29 7am Boot Camp 8am Boot Camp 7pm Boot Camp	30 7am Core & Balls	31 7am Group Run 8am Boot Camp 9am TRX
					*PACKAGES: Unlimited: \$209 12 Classes: \$192 8 Classes: \$144 Single Class:\$20	

* 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!