

FITNESS ON THE RUN
 109 South Alfred Street
 Alexandria, VA 703-299-9333

JANUARY CLASS SCHEDULE

www.fitnessontherun.net
contact@fitnessontherun.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7am Boot Camp/ Core & Balls 7pm Kettlebell	3 7am Boot Camp 7pm Boot Camp	4 7am Boot Camp 7pm Kettlebell	5 7am Boot Camp 7pm BootCamp/TRX	6 7am Boot Camp/ Core & Balls	7 8am Boot Camp 10am Kettlebell
8	9 7am Boot Camp/ Core & Balls 7pm Kettlebell	10 7am Boot Camp 7pm Boot Camp	11 6am Boot Camp 7am Boot Camp 7pm Kettlebell	12 7am Boot Camp 7pm BootCamp/TRX	13 7am Boot Camp/ Core & Balls	14 8am Boot Camp 10am Kettlebell
15	16 7am Boot Camp/ Core & Balls 7pm Kettlebell	17 7am Boot Camp 7pm Boot Camp	18 6am Boot Camp 7am Boot Camp 7pm Kettlebell	19 7am Boot Camp 7pm BootCamp/TRX	20 7am Boot Camp/ Core & Balls	21 8am Boot Camp 10am Kettlebell
22	23 7am Boot Camp/ Core & Balls 7pm Kettlebell	24 7am Boot Camp 7pm Boot Camp	25 7am Boot Camp 7 pm Kettlebell	26 7am Boot Camp 7pm BootCamp/TRX	27 7am Boot Camp/ Core & Balls	28 8am Boot Camp 10am Kettlebell
29	30 7am Boot Camp/ Core & Balls 7pm Kettlebell	31 7am Boot Camp 7pm Boot Camp				
			*PACKAGES: Unlimited: \$219 12 Classes: \$204	8 Classes: \$152 4 Classes: \$88 Single Class: \$24		Visit our website for class descriptions.

E-mail contact@fitnessontherun.net to sign up for your initial free class! * Class Packages include all classes except Kettlebell classes, which require 2 -4 PT sessions prior to taking the class (\$50 per session) or instructor approval with prior KB experience.