

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

FEBRUARY CLASS SCHEDULE

www.fitnessontherun.net
contact@fitnessontherun.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1 6am BC– Rise&Shine 7am Boot Camp 7pm Kettlebell	2 7am Boot Camp 7pm BC –Sweat It Off Series	3 7am Boot Camp/ Core & Balls	4 8am Boot Camp 10am Kettlebell
5	6 7am Boot Camp/ Core & Balls 7pm Kettlebell	7 7am Boot Camp 7pm BC--Sweat It Off Series	8 6am BC– Rise&Shine 7am Boot Camp 7pm Kettlebell	9 7am Boot Camp 7pm BC –Sweat It Off Series	10 7am Boot Camp/ Core & Balls	11 8am Boot Camp 10am Kettlebell
12	13 7am Boot Camp/ Core & Balls 7pm Kettlebell	14 7am Boot Camp 7pmBC - Sweat It Off Series	15 6am BC– Rise&Shine 7am Boot Camp 7pm Kettlebell	16 7am Boot Camp 7pm BC –Sweat It Off Series	17 7am Boot Camp/ Core & Balls	18 8am Boot Camp 10am Kettlebell
19	20 7am Boot Camp/ Core & Balls 7pm Kettlebell	21 7am Boot Camp 7pm BC-Sweat It Off Series	22 6am BC– Rise&Shine 7am Boot Camp 7 pm Kettlebell	23 7am Boot Camp 7pm BC –Sweat It Off Series	24 7am Boot Camp/ Core & Balls	25 8am Boot Camp 10am Kettlebell
26	27 7am Boot Camp/ Core & Balls 7pm Kettlebell	28 7am Boot Camp 7pm BC -Sweat It Off Series	29 6am BC– Rise&Shine 7am Boot Camp 7 pm Kettlebell			
			*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.