



FALL HOURS OF OPERATION - ODENTON

Monday – Thursday 5:15am – 9:00pm
 Friday 5:15am – 7:30pm
 Saturday 8:00am – 2:00pm
 Sunday 9:00am – 12:00pm & 4:30pm – 6:30pm

Phone: 410-674-7403

www.TransformationsOdenton.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15 M POWER	5:15-6:15 M BLAST MID-MORNING BREAK 7AM-9AM	5:15-5:45 sprint 5:45-6:15 POWER -EXPRESS	5:15-6:15 M fight MID-MORNING BREAK 7AM-9AM	5:15-5:45 POUND -EXPRESS 5:45-6:15 GRIT BOOTCAMP		
					8:30-9:15 Belly&Booty BOOTCAMP	
	9:00-9:30 Belly&Booty BOOTCAMP		9:00-9:30 sprint	9:30-10:00 GRIT BOOTCAMP	OR M R45 9:30-10:30 M POWER	9:15-10:15 POUND ROCKOUT, WORKOUT.
9:30-10:30 M fight	9:30-10:30 STRONG	9:30-10:30 POUND ROCKOUT, WORKOUT.	9:30-10:30 M POWER	9:30-10:15 RHYTHM RYDE	10:30-11:30 M fight	10:30-11:30 M CENTERGY
10:30-11:30 M CENTERGY	10:30-11:30 M ACTIVE	10:30-11:30 Barre unhitched™	10:30-11:30 ZUMBA fitness	10:15-11:15 M CENTERGY	11:45-12:15 GRIT BOOTCAMP CO-ED OPTION	
3:30-4:30 M POWER	3:45-4:15 GRIT BOOTCAMP	3:30-4:30 M ACTIVE				
4:30-5:30 POUND ROCKOUT, WORKOUT.	4:30-5:30 M CENTERGY MOM & ME OPTION	4:30-5:00 POUND -EXPRESS 5:00-5:30 Barre -EXPRESS 5:30-6:30 STRONG	4:30-5:30 M POWER	5:00-6:00 M BLAST		4:30-5:30 M ACTIVE
5:00-5:30 sprint	5:30-6:30 M fight	5:30-6:30 STRONG	5:30-6:15 RHYTHM RYDE OR POUND KIDS	6:00-7:00 ZUMBA fitness		5:30-6:30 Flow YOGA
5:30-6:30 Barre unhitched™	6:30-7:15 Belly&Booty BOOTCAMP	6:30-7:30 M POWER	6:15-6:45 GRIT BOOTCAMP	<p>Fall Schedule Begins September 17, 2018</p> <p>Childcare open during all classes except for 5:15am!</p>		
6:30-7:30 FUNSANITY	6:30-7:15 ZUMBA KIDS	6:30-7:00 sprint	6:45-7:30 POUND ROCKOUT, WORKOUT.			
7:30-8:30 M fight	7:15-8:15 ZUMBA fitness	7:30-8:30 M BLAST	7:30-8:30 M ACTIVE			

YOU MUST CHECK IN FOR ALL SPIN CLASSES - UP TO 30 MINUTES PRIOR
SHADED CLASSES ARE FOR MEMBERS WITH BLACK TAGS - ONLY \$10/MONTH



ALL PROGRAM DETAILS ON BACK

CLASS DESCRIPTIONS



BARRE STRONG (HIIT)	Can we just say flatter tummy, smaller thighs, and lifted glutes? Not to mention strength, grace & stamina! Amazing beats inspire <u>H</u> igh <u>I</u> ntensity <u>I</u> nterval <u>T</u> raining to increase strength and overall endurance. Get STRONG!
RHYTHM RYDE	If you want a low impact, high energy cardio workout full of fun, this spin class is for you!
POUND R45	Enjoy this cardio jam session inspired by the energizing, sweat-dripping fun of playing the drums... ROCKOUT!
ACTIVE	If you can sit on a bike and pedal, you can boost your cardio fitness level...everyone finishes first!
POWER	Work your body from head-to-toe in this class combining cardio, strength, balance and flexibility.
CENTERGY	Define all of your muscles & increase bone density in this high-energy strength training class.
BLAST	Change the way you feel about your body with this dynamic combination of yoga & pilates.
FIGHT	Get your heart pounding and sweat pouring using the STEP in athletic ways to BLAST fat & have fun!
ZUMBA	Kick, punch, and jab the pounds away with this energizing cardio kickboxing workout.
	Party your way into shape in this Latin-inspired dance class created for maximum calorie burn.

NEW 30-MINUTE EXPRESS WORKOUTS, BLACK TAG EXCLUSIVES, AND FAMILY OPTIONS

BARRE EXPRESS	Can we just say flatter tummy, smaller thighs and lifted glutes? Not to mention strength, grace & stamina!
POUND EXPRESS	This cardio jam session is inspired by the energizing, sweat-dripping fun of playing the drums... ROCKOUT!
POWER EXPRESS	Define all of your muscles & increase bone density in this high-energy strength training class.

*GRIT (BT)	Literally change your body with this 30-minute, cutting edge, HIIT training class led by amazing coaches!
*SPRINT (BT)	This 30-minute bike workout uses bursts of intensity which drive your body to burn calories for hours!
*BELLY-BOOTY (BT)	Enjoy an ever changing mix of exercises designed to target two of your toughest areas!
*FUN-SANITY (BT)	Tired of the same old workouts? This unpredictable boot camp will keep you smiling so hard you sweat!
*YOGA FLOW (BT)	Mindful movement through yoga postures will build strength & balance will revitalizing the body!

*MOM & ME OPTIONS	Bring your 8-12 year olds to join you in these classes and build healthy habits together! #familytime
*POUND 4 KIDS	Give your child their first taste of POUND...for children ages 5-10...inspired by fun...moms invited!
*ZUMBA 4 KIDS	Dance and play your way through this high-energy ZUMBA class for children ages 5-10
*CO-ED OPTIONS	Show the men in your life that the women of Transformations are HARDCORE! No fees apply for guests!

***BLACK TAG CLASSES, MOM & ME OPTIONS, and FITNESS 4 KIDS are programs that require check-in at the front desk. If these features are not part of your membership package, nominal fees may apply. It is crucial that children who attend the MOM & ME OPTIONS are mature enough to focus and follow instruction for the entire class.**

LOOKING FOR AN INEXPENSIVE WAY TO GET PERSONAL TRAINING THIS FALL?



JOIN A MISSION TEAM AND ENJOY A WEEKLY TRAINING SESSION FOR ONLY \$20. NOW WITH OPTIONS TO FOCUS ON WEIGHT LOSS, STRENGTH AND YOGA!

SEE FRONT DESK FOR DAYS & TIMES

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