



**HOLIDAY HOURS OF OPERATION - ODENTON**

Monday – Thursday 5:15am – 8:30pm

Friday 5:15am – 7:30pm

Saturday 8:00am – 2:00pm

Sunday 9:00am – 12:00pm & 4:30pm – 5:30pm

Phone: 410-674-7403

www.TransformationsOdenton.com

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

**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



|                            |   |
|----------------------------|---|
| <b>BARRE STRONG (HIIT)</b> | 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 <b>STRONG!</b> |
| <b>RHYTHM RYDE</b>         | If you want a low impact, high energy cardio workout full of fun, this spin class is for you!   |
| <b>POUND R45</b>           | Enjoy this cardio jam session inspired by the energizing, sweat-dripping fun of playing the drums... <b>ROCKOUT!</b>  |
| <b>ACTIVE</b>              | If you can sit on a bike and pedal, you can boost your cardio fitness level...everyone finishes first!  |
| <b>POWER</b>               | Work your body from head-to-toe in this class combining cardio, strength, balance and flexibility.  |
| <b>CENTERGY</b>            | Define all of your muscles & increase bone density in this high-energy strength training class.   |
| <b>BLAST</b>               | Change the way you feel about your body with this dynamic combination of yoga & pilates.  |
| <b>FIGHT</b>               | Get your heart pounding and sweat pouring using the <b>STEP</b> in athletic ways to <b>BLAST</b> fat & have fun!  |
| <b>ZUMBA</b>               | 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

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

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

|                              |  |
|------------------------------|--|
| <b>*MOM &amp; ME OPTIONS</b> | Bring your 8-12 year olds to join you in these classes and build healthy habits together! #familytime      |
| <b>*POUND 4 KIDS</b>         | Give your child their first taste of POUND...for children ages 5-10...inspired by fun...moms invited!      |
| <b>*ZUMBA 4 KIDS</b>         | Dance and play your way through this high-energy ZUMBA class for children ages 5-10                        |
| <b>*CO-ED OPTIONS</b>        | Show the men in your life that the women of Transformations are <b>HARDCORE!</b> 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 IN THE NEW YEAR?**



**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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