

July 2010 Group Fitness Schedule

hours M-F 6:00 a.m. - 9:00 p.m.
 Sat 8:00 a.m. - 7 p.m.
 Sun 10 a.m. - 7 p.m.



location **Balance Gym Glover Park**
 2121 Wisconsin Ave, NW
 Washington, DC 20007

phone **202.965.2121**

web balancegym.com

email gloverpark@balancegym.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance Boot Camp 7:00 a.m. Main Gym/Outside	Spinning 6:30 a.m. Studio 1/1st Floor	Balance Boot Camp 7:00 a.m. Main Gym/Outside	Awaken/Kundalini Yoga 7:00 a.m. Studio 2/2nd Floor		Balance Boot Camp 9:00 a.m. Main Gym/Outside	
Balance Body Conditioning 9:00 a.m. Studio 2/2nd Floor	Awaken with Yoga 7:00 a.m. Studio 2/2nd Floor	Balance Body Conditioning 9:00 a.m. Studio 2/2nd Floor	Spinning 7:30 a.m. Studio 1/1st Floor		Spinning 9:30 a.m. Studio 1/1st Floor	
Barre* 9:45 a.m. Studio 2/2nd Floor	Functional Fitness 9:00 a.m. Studio 2/2nd Floor	Spinning 12:00 noon Studio 1/1st Floor	Pilates Mat 9:00 a.m. Studio 2/2nd Floor		Iyengar Yoga 10:00 a.m. Studio 2/2nd Floor	Yoga Power Vinyasa (90 min) 11:00 a.m. Studio 2/2nd Floor
Functional Fitness 12 noon Studio 2/2nd Floor	Barre* 9:45 a.m. Studio 2/2nd Floor	Yoga Vinyasa 6:35 p.m. Studio 2/2nd Floor	Barre* 10:00 a.m. Studio 2/2nd Floor		Pole Pressure/Free Intro* 12 noon Studio 2/2nd Floor	Zumba 3:00 p.m.
Barre* 6:35 p.m. Studio 2/2nd Floor	Pilates Mat 12:00 noon Studio 2/2nd Floor	Intro to CrossFit 7:00 p.m. Main Gym	Pole Pressure/Coyote Ugly* 6:30 p.m. Studio 2/2nd Floor	\$5 Community Yoga 12 noon Studio 2/2nd Floor	Pole Pressure/Pole 1 1:00 p.m. Studio 2/2nd Floor	Restorative Yoga 5:00 p.m. Studio 2/2nd Floor
Spinning 7:00 p.m. Studio 1/1st Floor	Pole Pressure/Coyote Ugly* 6:30 p.m. Studio 2/2nd Floor	Zumba 7:35 p.m. Studio 2/2nd Floor	Zumba 6:35 p.m. Studio 1/1st Floor		Pole Pressure/Pole 2* 2:00 p.m. Studio 2/2nd Floor	
Abs 7:30 p.m. Studio 1/1st Floor	Power Yoga 7:00 p.m. Studio 1/1st Floor		Pole Pressure/Pole 1* 7:30 p.m. Studio 2/2nd Floor		Pole Pressure/Open Pole* 3:00 p.m. Studio 2/2nd Floor	
Pilates Mat 7:35 p.m. Studio 2/2nd Floor	Pole Pressure/Pole 1* 7:30 p.m. Studio 2/2nd Floor		Fit Pilates 7:35 p.m. Studio 1/1st Floor		Pole Pressure/Private Parties 4-8 p.m. Studio 2/2nd Floor	

***Barre and Pole Pressure Classes are Premium Programs (not included in basic membership, classes are \$20 each non-members, \$18 members, packages available)**

***Barre and Pole Pressure Classes require reservations - call 202.965.2121 or visit balancegym.com**

Classes are subject to change without notice

All Classes are 50-60 minutes unless otherwise noted

Packages and memberships available

balancegym.com