

# JANUARY 2020

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Westminster Gateway Business Center  
1030 Baltimore Blvd. Ste. 160  
410-259-4542

## CLASS ABBREVIATION LEGEND:

**BLAST** - Group Blast  
**POWER** - Group Power  
**C-CIRCUIT** - Cardio Circuit  
**S-CIRCUIT** - Strength Circuit  
**R-CIRCUIT** - Recovery Circuit  
**S-BALL** - Stability Ball

VISIT [WWW.THRIVEGROUPFITNESS.COM](http://WWW.THRIVEGROUPFITNESS.COM)  
FOR MORE INFORMATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Our lobby opens 15 minutes prior to the first class of the day or evening for client check-in and class set-up. Lobby Hours: Sun. 8:45-11:15a, Mon. 9-10:15a / 5-8p, Tue. 9-11:15a / 5-8:15p, Wed. 9-10:15a / 5-8:15p, Thurs. 9-11:15a / 5-7:30p, Fri. 9-11:30a and Sat. 6:45-10:15a.  Please note, while classes are not in session, personal trainings, massage and/or acupuncture may be in session and we kindly ask that this time is respected and these services are not interrupted.			1 9:15 S-CIRCUIT 9:20 UNLEASHED 10:15 GENTLE YOGA	2 9:15 BLAST EXPRESS 10:15 BARRE  5:15 R.I.P.P.E.D. 5:15 R-CIRCUIT 6:10 SPIN 6:15 POWER PREMIERE!	3 9:15 POWER <b>9:30 HIIT</b> 10:30 YOGA FUSION	4 7:05 POWER 8:15 BLAST 8:20 SPIN 8:20 S-BALL 9:15 SPIN+CORE 9:20 BARRE
5 9:00 C-CIRCUIT <b>9:15 HIIT</b> 9:15 SPIN-SUNDAY FUNDAY RIDE 10:00 GENTLE YOGA	6 9:15 SPININTERVALS  5:15 TRX 6:10 BLAST EXPRESS 6:10 SPIN 7:00 POWER EXPRESS	7 9:15 ZUMBA 10:15 R.I.P.P.E.D.  5:15 BARRE <b>5:30 HIIT</b> 6:15 POWER 6:15 C-CIRCUIT 7:20 SPIN	8 9:15 POWER  5:15 BLAST <b>5:15 5x5</b> 6:15 S-CIRCUIT 6:15 UNLEASHED 7:05 S-BALL	9 9:15 BLAST EXPRESS 10:15 BARRE  5:15 R.I.P.P.E.D. 5:15 R-CIRCUIT 6:10 SPIN 6:15 POWER	10 9:15 POWER 10:30 CYNERGY	11 7:05 POWER 8:15 BLAST 8:20 SPIN 9:15 SPIN+CORE 9:20 BARRE
12 9:00 R.I.P.P.E.D. <b>9:00 5x5</b> 10:00 YOGA FUSION	13 9:15 C-CIRCUIT  5:15 TRX 6:10 BLAST EXPRESS 6:10 SPIN 7:00 POWER EXPRESS	14 9:15 ZUMBA 10:15 R.I.P.P.E.D.  5:15 BARRE <b>5:30 HIIT</b> 6:15 POWER 6:15 C-CIRCUIT 7:20 SPIN	15 9:15 POWER  5:15 BLAST <b>5:15 5x5</b> 6:15 UNLEASHED 6:15 S-CIRCUIT 7:05 S-BALL	16 9:15 BLAST EXPRESS 10:15 BARRE  5:15 R.I.P.P.E.D. 5:15 R-CIRCUIT 6:10 SPIN 6:15 POWER	17 9:15 POWER 10:30 GENTLE YOGA	18 7:05 POWER 8:15 BLAST PREMIERE! 8:20 SPIN 9:15 SPIN+CORE 9:20 BARRE
19 9:00 C-CIRCUIT <b>9:15 HIIT</b> 10:00 GENTLE YOGA	20 9:15 STEP+CORE 9:30 UNLEASHED  5:15 TRX 6:10 BLAST EXPRESS 6:10 SPIN 7:00 POWER EXPRESS	21 9:15 ZUMBA 10:15 R.I.P.P.E.D.  5:15 BARRE <b>5:30 HIIT</b> 6:15 POWER 6:15 C-CIRCUIT 7:20 SPIN	22 9:15 POWER  5:15 BLAST <b>5:15 5x5</b> 6:15 UNLEASHED 6:15 S-CIRCUIT 7:05 S-BALL	23 9:15 BLAST EXPRESS 10:15 BARRE  5:15 R.I.P.P.E.D. 5:15 R-CIRCUIT 6:10 SPIN 6:15 POWER	24 9:15 POWER 10:30 YOGA FUSION	25 7:05 POWER 8:15 BLAST 8:20 SPIN - NAME THAT SONG RIDE 9:15 SPIN - NAME THAT SONG RIDE 9:20 BARRE
26 9:00 R.I.P.P.E.D. <b>9:00 5x5</b> 10:00 YOGA FUSION	27 9:15 C-CIRCUIT  5:15 TRX 6:10 BLAST EXPRESS 6:10 SPIN 7:00 POWER EXPRESS	28 9:15 ZUMBA 10:15 R.I.P.P.E.D.  5:15 BARRE <b>5:30 HIIT</b> 6:15 POWER 6:15 C-CIRCUIT 7:20 SPIN	29 9:15 POWER  5:15 BLAST <b>5:15 5x5</b> 6:15 UNLEASHED 6:15 S-CIRCUIT 7:05 S-BALL	30 9:15 BLAST EXPRESS 10:15 BARRE  5:15 R.I.P.P.E.D. 5:15 R-CIRCUIT 6:10 SPIN 6:15 POWER	31 9:15 POWER 9:30 UNLEASHED <b>10:30 POSTURE ANALYSIS FOR IMPROVED PERFORMANCE WORKSHOP</b>	<b>**Fee based Wellness Services denoted in RED**</b>

Register in the MINDBODY app or by going to [www.thrivegroupfitness.com](http://www.thrivegroupfitness.com) and select "book a reservation here" to guarantee your spot and equipment for the class, plus it informs us that we have the minimum required participation to run each class and who to contact should we need to make a schedule change. If you end up on a waitlist for a class, we will email and text you once a spot has opened up. Notifications are sent up until 2 hours prior to class starting. We never want you to be discouraged by a waitlist, we work hard to get you into class and we will never turn you away.

**Cancellation Policy:** Clients are responsible for releasing their reservation(s) 2 hours before class start time. Class package holders redeem a class per no show/ late cancel. Monthly Unlimited Members are given one "grace" absence per month and are subject to a \$10 no show/late cancel charge per occurrence post-grace.

To cancel a class reservation or to remove your name from a waitlist online, you log into your MINDBODY account, select the "my information" tab, then "my schedule" and you will see the cancel button (to remove yourself from a waitlist you need to select "waitlist" to the right of the screen in blue font, then select "cancel"). To cancel a class reservation or to remove your name from a waitlist in the MINDBODY app, select the class from your schedule or the calendar, then select "cancel" and then "cancel booking" (to remove yourself from a waitlist, select the class, then select "cancel" and then "leave waitlist").

Thrive offers a variety of classes to promote cross-training and keep your workouts exciting. You will notice our classes are not designated as "beginner" or "advanced" as any given exercise can be offered at lesser or greater intensity. Beginners are welcome to any class format; just let your instructor know if you have any physical concerns or need exercise modifications. We are excited about you training with us!

**5x5** - This small group training program is a 40 minute customized strength focused session with an emphasis on perfecting form, while tracking your progress to complete 5 different exercises of your choice in 5 sets of 5 reps at a nearly maximum load, utilizing barbells, weights, TRX, BOSU and/or the RIP Trainer. *Single Session \$20 (Monthly Unlimited Members have the option to purchase a Single Session for \$15 or 3 Sessions for \$39)*

**BARRE Above™** - Explore a barefoot training challenge that fuses low-impact, ballet-inspired moves with a variety of pilates, yoga and full-body muscle endurance strength exercises. *No dance experience necessary.*

**CARDIO CIRCUIT** - Get ready for a creative combination of cardio circuits inspired by athletic drills and skills so you always leave with a happy heart!

**CYNERGY** - Enjoy the soothing combination of tai chi, yoga and pilates delivered in a relaxed setting. Restore balance to the mind and body in this barefoot, easy to follow class. *Please bring your own full-size mat, 2 yoga blocks and a blanket, if possible.*

**GENTLE YOGA** - Whether you are a seasoned fitness enthusiast or brand new, enjoy the opportunity to slow down and discover how yoga can be a great tool in building muscular strength and endurance, balance and flexibility - as well as soothe your aches and pains. Class concludes with a peaceful meditation to leave you feeling refreshed and refocused. *Please bring your own full-size mat, 2 yoga blocks and a blanket, if possible.*

**GROUP BLAST®** - Experience a great cardio workout where you will do it all: walk, jog, run, jump, plyometrics, balance drills, lateral drills, and speed drills – all on and off The STEP – to exciting energetic music. With the many exercise options and the adjustability of The STEP, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful. *Group Blast Express is a 45 minute version of the class - a great starting place for those new to this program or have limited time!*

**GROUP POWER®** - Enjoy this combination of traditional strength exercises with effective functional training moves to make you fitter and stronger by using an adjustable barbell and your own body weight. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training. Get ready to find your personal best! *Group Power Express is a 50 minute version of the class - a great starting place for those new to this program or have limited time!*

**HIIT (High Intensity Interval Training)** - This small group training program is a 30 minute workout that includes the use of the water rower and features short, high intensity athletic intervals and challenges that improve muscular strength and endurance. *Single Session \$20 (Monthly Unlimited Members have the option to purchase 3 Sessions for \$39)*

**RECOVERY CIRCUIT** - Compliment your higher intensity workouts with a mind-body recovery circuit using a variety of equipment to assist in improving flexibility, release muscle tension, prevent injury, improve core strength and promote balance. *Shoes optional.*

**R.I.P.P.E.D. The One Stop Body Shock®** - This program masterfully combines the best elements of fitness to deliver incredible results. The workout focus changes every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout, as each fitness element is incorporated: resistance, interval, power, plyometrics, endurance and core.

**SPINNERVALS** - Combine short cardio intervals on the SPIN bike with strength training INTERVALS for a total body functional fitness challenge.

**SPINNING®** - Experience the 40 minute traditional ride carefully designed by the instructor with a specific training purpose and timed to energize, challenge and empower participants to achieve their fitness and wellness goals. Our bikes are equipped with both toe cages for sneakers and SPD clips for spin shoes. *Don't miss our monthly specialty themed rides.*

**SPIN + CORE** - Enjoy 35 minutes of cardiovascular endurance training on the bike, followed by 15 minutes of core conditioning and flexibility training.

**STABILITY BALL** - Get a full-body workout that combines cardio, strength and flexibility all-in-one class that generates posture improvements and a constant balance challenge.

**STEP + CORE** - Challenge your mind and body with this easy to follow, guaranteed to sweat, freestyle step aerobics class that incorporates core conditioning and flexibility training into the cool-down.

**STRENGTH CIRCUIT** - Mix up your fitness routine with fun, high-energy, strength focused circuits, using a variety of equipment carefully selected by your instructor - no two classes are ever the same and no muscle groups left behind!

**TRX®** - Train Your Body in 3-D! Suspension training utilizes body leveraging that challenges the body in multiple planes vastly increasing muscle function and athletic performance. Challenge is easily adapted simply by adjusting your body position.

**YOGA FUSION** - Enjoy traditional yoga poses with the incorporation of another piece of equipment to challenge muscular endurance and flexibility training, while improving bone density and balance. *Please bring your own full-size mat, 2 yoga blocks and a blanket, if possible.*

**UNLEASHED** - Maximize your fitness potential with heart pounding heavy bag cardio boxing drills and functional training stations guaranteed to push your limits! *Please BYOBG (bring your own boxing gloves).*

**ZUMBA®** - This easy-to-follow, super fun workout mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It's exercise in disguise! *No dance experience necessary.*

Don't forget your workout essentials... sweat towel, water bottle & a smile ☺ We thank you wholeheartedly for your Small Business Support!

**\*\*Please check our Facebook page and MINDBODY for the most up-to-date offerings, we always add classes as needed\*\***