

ALEXANDRIA FEBRUARY 2020


10996 Torreyana Road

- Functional Training Turf
- Spin Studio
- Basketball Court
- Group Exercise Studio

PROFESSIONALLY
MANAGED BY

EXOS

GROUPEX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10 – 7:00a RALLY STRENGTH (FTS) <i>Hank</i>	6:10 – 7:00a RALLY METABOLIC (FTS) <i>Hank</i>	6:10 – 7:00a RALLY STRENGTH & REGEN. (FTS) <i>Hank</i>	6:10 – 7:00a RALLY METABOLIC (FTS) <i>Hank</i>	6:10 – 7:00a RALLY STRENGTH (FTS) <i>Hank</i>	8:00 – 8:50a Interval Ride (S2) <i>Krista</i>	9:00 – 9:50a POWER YOGA 1 (S1) <i>Sarah/Megan</i>
7:00 – 7:50a RALLY METABOLIC (FTS) <i>Hank</i>	6:15 – 7:05a; 7:15 – 8:05a REFORMER PILATES (S1) <i>Deanna</i>	6:45 – 7:35a YOGA FLOW (S1) <i>Vanessa</i>	6:15 – 7:05a; 7:15 – 8:05a REFORMER PILATES (S1) <i>Deanna</i>	7:00 – 7:50a INTERVAL RIDE (S2) <i>Krista</i>	9:15 – 10:05a FIT+CAMP (FTS) <i>Geoff</i>	
12:00-12:50P POWER FLOW 2 (S1) <i>Megan/Ishmael</i>	7:00 – 7:50a RALLY STRENGTH (FTS) <i>Hank</i>	7:00 – 7:50a RALLY METABOLIC (FTS) <i>Hank</i> 7:30 – 8:20a BOXING (BBC) <i>Karl</i>	7:00 – 7:50a RALLY STRENGTH (FTS) <i>Hank</i>	7:00 – 7:50a RALLY METABOLIC <i>Hank</i>	10:15 – 11:05a YIN YOGA (S1) <i>Sarah J</i>	
12:15 – 1:05p RALLY METABOLIC (FTS) <i>Josh</i>	11:00 – 11:50a; 12:00 – 12:50p; 1:00 – 1:50p REFORMER PILATES (S1) <i>Caleigh</i>	11:00 – 11:50p VINYASA YOGA (S1) <i>Nicole</i> 12:00 – 12:50p INTERVAL RIDE (S2) <i>Bit</i> POWER FLOW 2 (S1) <i>Megan</i>	11:00 – 11:50a; 12:00 – 12:50p; 1:00 – 1:50p REFORMER PILATES (S1) <i>Caleigh</i>	7:15 – 8:05a DANCE GROOVE MASHUP (S1) <i>Marie</i>	<h3>HOURS</h3> <p>Mon- Fri 5:30a- 9:00p Sat- Sun 7:00a- 5:00p</p>	
5:00 – 5:50p BARRE (S1) <i>Yvonne</i>	12:00 – 12:50p INTERVAL RIDE (S2) <i>Krista</i>	12:15-1:05p RALLY METABOLIC (FTS) <i>Hank</i>	12:00 – 12:50p INTERVAL RIDE (S2) <i>Jana</i>	7:30 – 8:20a BOXING (BBC) <i>Karl</i>		
5:15 – 6:05p RALLY METABOLIC (FTS) <i>Rachael</i>	12:15 – 1:05p RALLY STRENGTH (FTS) <i>Matt</i>	1:00-1:50p Injury Prevention & Mobility (FTS) <i>Cater/Hank</i>	12:15 – 1:05p RALLY STRENGTH (FTS) <i>Rachael</i>	11:00 – 11:50a PILATES FUSION (S1) <i>Yvonne</i>	 <h3>MIND BODY</h3> <p>TO VIEW & SIGN UP FOR CLASSES, DOWNLOAD THE MINDBODY APP:</p>	
5:30 – 6:20p RUSH RIDE (S2) <i>Britt</i>	4:15 – 5:00p WOMEN'S STRENGTH TR'NG (FTS) <i>Rachael</i>	4:15 – 5:00p RALLY METABOLIC + HAPPY HOUR (FTS) <i>Rachael</i>	5:00 – 5:50p; 6:00 – 6:50p REFORMER PILATES (S1) <i>Paula</i>	11:15 – 12:00p WOMEN'S STRENGTH TR'NG (FTS) <i>Matt</i>		
6:00 – 6:50p POWER YOGA (S1) <i>Megan</i>	5:00 – 5:50p; 6:00 – 6:50p REFORMER PILATES (S1) <i>Paula</i>	5:00 – 5:50p YOGA FLOW (S1) <i>Laura</i>	5:15 – 6:05p RALLY RIDE (FTS) <i>Matt/Tais</i>	12:00-12:50p YOGA SCULPT (S1) <i>Yvonne</i>	<ol style="list-style-type: none"> App Store Thealexandria.com > EXOS > sign up for a class https://clients.mindbodyonline.com/classic/ws?studioid=340510&style=40 	
6:15 – 7:05p RALLY STRENGTH (FTS) <i>Josh</i>	5:15 – 6:05p RALLY STRENGTH (FTS) <i>Matt</i>	5:15 – 6:05p RALLY METABOLIC (FTS) <i>Josh</i> 5:30 – 6:20p RUSH RIDE (S2) <i>Ali</i>	6:15 – 7:05p RALLY METABOLIC (FTS) <i>Matt</i>	1:00-1:50p STRETCH & ROLL (S1) <i>Yvonne</i>		
	5:30 – 6:20p RUSH RIDE(S2) <i>Morgan</i>	6:00 – 6:30p CARDIO BARRE (S1) 6:30-7:00P CORE&MORE <i>Stephanie</i>		12:15 – 1:05p RALLY METABOLIC <i>Josh</i>	<p>S1: Studio 1 S2: Studio 2 (Cycling) FTS: Functional Training Space BBC: Basketball Court</p>	
	6:15 – 7:05p RALLY METABOLIC (FTS) <i>Matt</i>	6:15 – 7:05p RALLY STRENGTH & REGEN. (FTS) <i>Josh</i>		5:15 – 6:05p ARM FARM (FTS) <i>Josh</i>		

GROUP EX SCHEDULE

CAMPUS POINTE FEBRUARY 2020

10300 Campus Point Drive

■ Functional Training Turf

PROFESSIONALLY
MANAGED BY

■ Group Exercise Studio

EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 7:50a RALLY METABOLIC <i>PJ</i>	7:00 – 7:50a RALLY STRENGTH <i>PJ</i>	7:00 – 7:50a RALLY METABOLIC <i>PJ</i>	7:00 – 7:50a RALLY STRENGTH <i>PJ</i>	7:00 – 7:50a RALLY METABOLIC & HAPPY HOUR <i>PJ</i>	CLOSED	CLOSED
	7:15 – 8:05a YOGA FIT <i>Stephanie</i>		7:15 – 8:05a YOGA FIT <i>Stephanie</i>			
11:00a – 11:30p RALLY METABOLIC EXPRESS <i>Charissa</i>		11:00a – 11:30p RALLY METABOLIC EXPRESS <i>PJ</i>				
12:00 – 12:50p RALLY STRENGTH <i>PJ</i>	12:00 – 12:50p RALLY METABOLIC <i>PJ</i>	12:00 – 12:50p RALLY STRENGTH <i>Charissa</i>	12:00 – 12:50p RALLY METABOLIC <i>PJ</i>	12:00 – 12:50p RALLY METABOLIC & HAPPY HOUR <i>PJ</i>		
	12:15 – 12:45p CARDIO KICKBOXING <i>Stephanie</i> 12:45 – 1:15p CORE N MORE <i>Stephanie</i>	1:00-1:30p INJURY PREVENTION & MOBILITY <i>Kirsten</i>	12:15 – 12:45p CARDIO KICKBOXING <i>Stephanie</i> 12:45 – 1:15p CORE N MORE <i>Stephanie</i>	12:00 – 12:50p RESTORATIVE YOGA <i>Annejelina</i>		
4:15 – 5:05p RALLY METABOLIC <i>Charissa</i>	4:15 – 5:05p RALLY STRENGTH <i>Charissa</i>	4:15 – 5:05p RALLY METABOLIC <i>Charissa</i>	4:15 – 5:05p RALLY STRENGTH <i>Charissa</i>	4:15 – 5:05p RALLY STRENGTH & HAPPY HOUR <i>Charissa</i>		
5:00 – 5:50p YOGA FLOW <i>Vanessa</i>	4:30 – 5:20p POWER YOGA 1 <i>Sarah</i>	5:00 – 5:50p POWER FLOW 2 <i>Megan</i>	4:30 – 5:20p POWER YOGA 2 <i>Sarah</i>			
5:15 – 6:05p RALLY STRENGTH <i>Ben</i>	5:15 – 6:05p RALLY METABOLIC <i>Ben</i>	5:15 – 6:05p RALLY STRENGTH <i>Ben</i>	5:15 – 6:05p RALLY METABOLIC <i>Ben</i>			
	5:30 – 6:20p CARDIO KICKBOXING <i>Stephanie</i>		5:30 – 6:20p ZUMBA <i>Michelle</i>			

HOURS

Mon- Fri | 5:30a- 9:00p



Mind Body App

To view & sign up for classes
download the Mind Body App or
go to:
<https://clients.mindbodyonline.com/classic/ws?studioid=340510&stype=40>

GroupEx Schedule

TECH CENTER FEBRUARY 2020

9735 Scranton Road



ALEXANDRIA®

PROFESSIONALLY
MANAGED BY

EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 – 8:20a Fit Ctr RALLY <i>Skyler</i>	7:30 – 8:20a Fit Ctr RALLY <i>Skyler</i>	7:30 – 8:20a Fit Ctr RALLY <i>Skyler</i>	7:30 – 8:20a Fit Ctr RALLY <i>Skyler</i>	7:30 – 8:20a Fit Ctr RALLY <i>Skyler</i>	CLOSED	CLOSED
8:00 – 8:50a Studio POWER VINYASA <i>Ishmael</i>	9:00 – 9:30a Fit Ctr RALLY METABOLIC EXPRESS <i>Skyler</i>	8:00 – 8:50a Studio POWER VINYASA <i>Ishmael</i>	9:00 – 9:30a Fit Ctr RALLY METABOLIC EXPRESS <i>Skyler</i>	8:00 – 8:50a Studio SLOW FLOW VINYASA <i>Annejelina</i>		
9:00 – 9:30a Fit Ctr RALLY METABOLIC EXPRESS <i>Skyler</i>	12:00 – 12:50p Studio VINYASA FLOW <i>Priscilla</i>	9:00 – 9:30a Fit Ctr RALLY METABOLIC EXPRESS <i>Skyler</i>	12:00 – 12:50p Studio VINYASA FLOW <i>Priscilla</i>	9:00 – 9:30a Fit Ctr RALLY METABOLIC EXPRESS <i>Skyler</i>		
12:00 – 12:50p Studio POWER VINYASA <i>Alex</i>	12:00 – 12:50p Fit Ctr RALLY <i>John</i>	12:00 – 12:50p Studio TRX Plus <i>Jesse</i>	12:00 – 12:50p Fit Ctr RALLY <i>John</i>	12:00 – 12:50p Studio FIRESCULPT <i>Amy</i>		
12:00 – 12:50p Fit Ctr RALLY <i>John</i>	1:05 – 1:55p Studio RIDE <i>Ron</i>	12:00 – 12:50p Fit Ctr RALLY <i>John</i>	1:05 – 1:55p Studio RIDE <i>Colleen</i>	12:00 – 12:50p Fit Ctr RALLY <i>John</i>		
1:05 – 1:55p Studio RIDE <i>Ron</i>	2:00 – 2:30p Fit Ctr RALLY METABOLIC EXPRESS <i>Nicole</i>	1:05 – 1:55p Studio ATHLETIC STRETCH <i>Jesse</i>	2:00 – 2:30p Fit Ctr RALLY METABOLIC EXPRESS <i>Nicole</i>	1:05 – 1:55p Studio RIDE <i>Marcella</i>		
2:00 – 2:30p Fit Ctr RALLY METABOLIC EXPRESS <i>Nicole</i>	5:00 – 5:50p Fit Ctr RALLY <i>John</i>	2:00 – 2:30p Fit Ctr RALLY METABOLIC EXPRESS <i>Nicole</i>	5:00 – 5:50p Fit Ctr RALLY <i>John</i>	2:00 – 2:30p Fit Ctr RALLY METABOLIC EXPRESS <i>Nicole</i>		
5:00 – 5:50p Fit Ctr RALLY <i>John</i>	5:00 – 5:50p Studio PILATES FUSION <i>Yvonne</i>	5:00 – 5:50p Fit Ctr RALLY <i>John</i>	5:00 – 5:50p Studio U JAM <i>Sorela</i>	5:00 – 5:50p Fit Ctr RALLY <i>John</i>		
	6:00 – 6:50p Studio ATHLETIC STRETCH <i>Yvonne</i>	5:30 – 6:20p Studio RIDE <i>Colleen</i>	6:00 – 6:50p Studio POWER VINYASA <i>Ishmael</i>			

HOURS
Mon- Fri | 6:00a- 8:00p



Mind Body App

To view & sign up for classes
download the Mind Body App or go
to:

<https://clients.mindbodyonline.com/classic/ws?studioid=340510&stypc=40>

Group Exercise Schedule

CP SOUTH FEBRUARY 2020

4244 Campus Point Court



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:00 – 12:50p Yoga Studio Yoga Flow Sarah		12:00 – 12:50p Yoga Studio Yoga Flow Sarah	
12:00 – 12:50p Outside Turf Rally Metabolic Ben	12:00 – 12:50p Outside Turf Rally Strength Josh	12:00 – 12:50p Outside Turf Rally Metabolic Ben	12:00 – 12:50p Outside Turf Rally Strength Josh	12:00 – 12:50p Outside Turf Rally Metabolic Ben

EXOS Rally Metabolic

Group fitness class focused on improving total body strength and conditioning. Class programming is based on organized, progressive training principles which will enhance fitness, lean muscle tissue, and movement quality.

EXOS Rally Strength

Group training session focused on improving movement quality, building strength, and enhancing lean muscle. Class programming is based on organized, progressive training principles which will enable you to increase your strength goals.

Yoga Flow

This is a dynamic, empowering, and energetic class where students connect breath to movement. It incorporates strength, flexibility, balance, physical and mental stamina, creating a sense of calm in the mind and body. Great for students who prefer a strong foundational practice. Modifications for beginners will be provided; all levels are welcome

Hours:

Mon – Fri | 5:30AM - 9:00PM

Sat – Sun | 7:00AM - 5:00PM

To view & sign up for classes
download the **Mind Body App**
Use the QR Code
or go to:

<https://clients.mindbodyonline.com/classic/ws?studioid=340510&stype=40>



If you have questions please reach out to: Alexandriafitness@teamexos.com

Group Exercise Schedule

NAUTILUS FEBRUARY 2020

3535 General Atomics Court #200



ALEXANDRIA

PROFESSIONALLY
MANAGED BY

EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 – 11:50a Studio Yoga Flow <i>Stephanie</i>		11:00 – 11:50a Studio Yoga Flow <i>Stephanie</i>	
12:00 – 12:50p Studio FIRESULPT <i>Amy</i>		12:00 – 12:50p Studio Mat Pilates <i>Yvonne</i>		

FireSculpt

FireSculpt classes bring resistance and cardiovascular training together in a total-body workout that targets and tones all your major muscle groups while firing-up your metabolism. You would have to take 3 different classes to experience what FireSculpt delivers in one 50-minute class!

Yoga Flow

This is a dynamic, empowering, and energetic class where students connect breath to movement. It incorporates strength, flexibility, balance, physical and mental stamina, creating a sense of calm in the mind and body. Great for students who prefer a strong foundational practice. Modifications for beginners will be provided; all levels are welcome.

Mat Pilates

Think “long lean body.” This class focuses on strength and flexibility of the entire core or “powerhouse” and is based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing/relaxation.

Hours:

Mon – Fri | 5:30AM - 9:00PM

Sat – Sun | 7:00AM - 5:00PM

To view & sign up for classes
download the **Mind Body App**

Use the QR Code

or go to:

<https://clients.mindbodyonline.com/class/ws?studioid=340510&stype=40>



If you have questions please reach out to: Alexandriafitness@teamexos.com