



1321A Bedford Avenue
Pikesville, MD 21208
41-602-UFIT

January 2019

Drop In Rate: \$10 Day Pass: \$14	Membership: \$50 (requires auto debit) Month to Month: \$60 (no auto debit) 12 Month Membership: \$480	1 CLOSED	2 20 Squats 6:00pm- COMMIT 7:00pm- Butts & Guts 8:00pm- Cranked Up Cardio	3 30 Sec Plank 6:00pm- Body Works 7:00pm- Mixxedfitt 8:00pm- Zumba by Strong	4 20 Squad Hops 7:00pm- Line Dancing	5 20 Crunches 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn TUP Kickoff Orientation
6 REST DAY	7 20 High Knees 5:30pm- Arms 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Body Tone	8 20 Bicep Curls 5:30pm- Chest & Back 6:00pm- Kickboxing 7:00pm- Shred & Burn 8:00pm-Body Stretch	9 20 Bicycle Crunch 6:00pm- COMMIT 7:00pm- Butts & Guts 8:00pm- Cranked Up Cardio	10 20 Sit Ups 5:30pm- Legs & Glutes 6:00pm- Body Works 7:00pm- Mixxedfitt 8:00pm- Zumba by Strong	11 20 Lateral Hops No Classes	12 20 Reverse Crunch 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn
13 REST DAY	14 20 Ab Wood Chopper 5:30pm- Arms 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Body Tone	15 20 Push Ups 5:30pm- Chest & Back 6:00pm- Kickboxing 7:00pm- Shred & Burn 8:00pm-Body Stretch	16 20 Stationary Lunges 6:00pm- COMMIT 7:00pm- Butts & Guts 8:00pm- Cranked Up Cardio	17 20 Russian Twist 5:30pm- Legs & Glutes 6:00pm- Body Works 7:00pm- Mixxedfitt 8:00pm- Zumba by Strong	18 20 Jumping Jacks 7:00pm- Line Dancing	19 20 Jumping Squats 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn
20 REST DAY	21 20 Oblique Jacks 5:30pm- Arms 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Body Tone	22 20 Butt Kicks 5:30pm- Chest & Back 6:00pm- Kickboxing 7:00pm- Shred & Burn 8:00pm-Body Stretch	23 20 Mountain Climber 6:00pm- COMMIT 7:00pm- Butts & Guts 8:00pm- Cranked Up Cardio	24 20 Leg Lifts (each side) 5:30pm- Legs & Glutes 6:00pm- Body Works 7:00pm- Mixxedfitt 8:00pm- Zumba by Strong	25 20 Bridges No Classes Stacey's Bday	26 10 Burpees 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn
Raven's Week	Wear purple & black	Wear purple&black sock	Wear Ravens Hat	Wear purple&black bead		Ravens Jersey/shirt day
27 REST DAY	28 20 Grasshoppers 5:30pm- Arms 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Body Tone	29 20 Forward & Backward Hop 5:30pm- Chest & Back 6:00pm- Kickboxing 7:00pm- Shred & Burn 8:00pm-Body Stretch	30 20 Standing Calve Raise 6:00pm- COMMIT 7:00pm- Butts & Guts 8:00pm- Cranked Up Cardio	31 20 Hamstring Curl 5:30pm- Legs & Glutes 6:00pm- Body Works 7:00pm- Mixxedfitt 8:00pm- Zumba by Strong	Follow Us On Social Media: f Reinvent U Boot Camps LLC @RIUBOOTCAMPS	

www.reinventubootcamps.com