

Participating “stops” and Sponsor for the 2017 Fitness Crawl

9Round 30 Minute Kickbox Fitness (TITLE SPONSOR FOR THE CRAWL)

2299 Johns Hopkins Place

Suite B

Gambrills, MD 21054

Contact – James Jackson – 410.451.5972

Offer:

\$99 -Sign Up – First Month membership, including new boxing gloves, hand wrap, a key tag to track personal workouts, and access to the 9Round doctor-moderated nutrition portal.

NORMALLY, this is \$149.

We will also discount our monthly membership plans \$10 each (discount will not apply to month-to-month). The 12-month membership plan is normally \$79 per month, but will be offered to crawlers for \$69 per month. Our 6-month membership plan is normally \$89 per month, but will offered to crawlers for only \$79 per month.

Advanced Chiropractic and Nutritional Healing Center of Crofton

2135 Defense Highway, Suite 3

Crofton, MD 21114

Contact – Dr. Lo or Dr Patel

410.721.3338

www.drlo.com

Offer:

Nutrition Consult – FREE (regularly \$25.00)

Detox Foot Bath - \$25.00 (regularly \$50.00)

Nutrition Scan & Report - \$105.00 (regularly \$210.00)

Body In Motion Fitness

1015 Generals Highway

Crownsville, MD 21032

Contact – Clinton Hayward

410.923.2792

www.bnmfitness.net

Offer:

First class – FREE

Additional classes – 15% off

Personal Training – 15% off

Open Gym Membership - \$30 membership fee waived

Member classes - \$15

Non-member classes - \$20

Member 12 class package - \$156

Non-member 12 class package - \$216

Personal training - \$540 -12 sessions

Personal training - \$400 - 8 sessions

Conquest Brazilian Jiu Jitsu

311 Serendipity Dr
Millersville, Maryland
Contact – Nathan
443.668.9769

www.bjjconquest.com

Offer:

Crawl members can train in any or all of our programs for the entire month of March completely FREE (Over \$150 value)!

This includes unlimited Brazilian Jiu Jitsu, Women's only Fight Fit Fitness, Muay Thai/Kickboxing, Yoga, Co-ed Fight Camp Fitness, Mixed Martial Arts, and Children's classes.

Crofton Jazzercise Fitness Center

1119 State Route 3 North
Gambrills, MD 21054
Contact – Dawn Scalza
443.223.4779

Offer:

FREE 7-day pass (consecutive days and UNLIMITED classes)
10-class bundle pack for \$95 if purchased within the 7-day trial.
(10 class bundle regularly \$120)

Regular walk-in pricing is \$15 for a day pass

Crofton Yoga

2431 Crofton Lane, Suite 11
Crofton, MD 21114
Contact – Shelbi
410.451.1625
www.croftonyoga.com

Offer:

Drop in rate of \$15 for yoga classes. The normal drop in rate is \$20.

The studio requests that crawlers check their website to confirm that the class has space before dropping in.

Crossfit Iniquus

2140 Priest Bridge Court Suite 10
Crofton, MD 21114
Contact – Whitney Bowles
443.223.8615

Offer:

Drop in rate of \$10 during the month of March. The normal drop in rate is \$20.

2 weeks of unlimited classes for \$30. The normal rate is a MONTH for \$150.

Effective Integrative Healthcare

1625 Crofton Center (inside Gold's Gym)

Crofton, MD 21114

Contact – Dr. DeNardo

www.eihcrofton.com

410.451.4640

Offer:

Crawler's choice of ONE (1) of the following:

FREE chiropractic consult and exam (regularly \$145)

FREE Bioidentical Hormone consult (regularly \$100)

FREE 10 min full body massage on the hydro massage table

Elements Massage

1702 Transportation Dr

Crofton, MD 21114

Contact – Cheryl Stewart

410.451.6777

Offer:

First time visitors get member rate for massage (\$30 OFF regular rate)

FREE aromatherapy add on (regularly \$10) **OR** hot stones (regularly \$15)

OR Upgrade from a 1 hour massage to 1.5 hours for ½ off of the regular upgrade price (\$99) ***PLEASE CALL ASAP TO SCHEDULE APPOINTMENTS, AS THEY FILL UP QUICKLY.***

Future of Fitness

1612 Professional Blvd, Ste E

Crofton, MD 21114

Contact – Mac

410.451.0258

Offer:

Drop In rate - \$15 (regularly \$25)

Gold's Gym Crofton

1625 Crofton Centre

Crofton, MD 21114

Contact – Michael Powell

410.451.4653

Offer:

Choice of:

FREE 7 day pass OR \$1 to join and the 1st month FREE. (\$29 registration fee additional)

Gymboree

2616 Chapel Lake Dr
Gambrills, Maryland 21054
Contact – Amy Shaffer
410.220.6331

Offer:

New Membership fee of \$50 will be waived for crawlers.
Anyone else will get \$25 off for the month of March.

Kimmotion Pilates

1119 State Route 3 North
Gambrills, MD 21054
Contact – Kim
443.292.8477

Offer:

Drop in rate of \$10 for mat classes. The normal drop in rate is \$15.
Drop in rate of \$20 for apparatus classes. The normal rate is \$35.

LAFitness

2646 Brandermill Blvd
Gambrills, MD 21054
Contact: Mike Lobiondo
410.774.0350

Offer:

Regular price is \$99 to enroll and \$29.99 a month.
All participants will receive 75% off. Brings the enrollment fee to \$25 to join.
Contact the facility for clarification of offer.

Linda Bourdelaise – Health Coach

410.562.6782
Gambrills, MD
www.lindabourdelaise.com

Offer:

For the Crawl Participants: \$100 off each program!!
Jumpstart Your Health - \$125 (regularly \$225)
Energize Your Health - \$300/month (regularly \$400 month)
Invest in Your Health - \$250/month (regularly \$350)
For details of each program, go to website.

Odenton Fitness

8288 Telegraph Road
Suite D
Odenton, MD 21113
Contact: Christen Jeter
410.674.0298

www.odentonfitness.com

Offer:

5 Day Pass (does NOT need to be used consecutively), but MUST be used in March. (regularly \$75)
(The pass INCLUDES classes – Zumba, Kickboxing, Spinning, PiYo (pilates/yoga), Tone Up, & Boxing)
1 30 minute personal training session - \$25 (regularly \$45)
Group training drop in - \$10 (regularly \$20) *must call to reserve slot

Peak Performance Nutrition Center

1631 Crofton Center
Crofton, MD 21114
Contact – MJ Johnson
443.889.9378
<http://peakperformancenc.com/>

Offer:

FREE VIP Membership (10% off all supplements) (regularly \$10)

Pure Barre Crofton

1153 State Route 3 North
Gambrills, MD 21054
Contact – Kate or Laura
240.687.0676
email – crofton@purebarre.com (to reserve spot)

Offer:

3 Class Pass - \$33 (regularly \$75) **OR**
5 Class Pass - \$55 (regularly \$125)

Must choose one or the other. Classes expire 30 days from purchase date. Offer can only be purchased IN studio; one per client.

Rolly Pollies Crofton **Offer applies to children of registered crawlers**

1612 Professional Blvd. Suite C
Crofton, MD 21114
Contact – Lauren
410.721.3780

Offer:

\$5 rate for Open Play (regularly \$10) during the month of March.
\$10 rate for drop in classes (regularly \$20) during the month of March.

Smoothie King – Village of Waugh Chapel

1316 Main Chapel Way

Gambrills, MD 21054

Contact – Chris Avalos

410.451.4519

Offer:

50% off ANY smoothie, ANY size (**MUST** present crawler t-shirt) during the month of March.

Sport Fit Bowie

100 White Marsh Park Dr

Bowie, MD

Contact – Jen

301.262.4553

Offer:

One month Gold Pass - \$15 (regularly \$75)

NON-MEMBERS only. Must be 18 years old w/ valid ID. Gold Membership does NOT include tennis.

Synergy Martial Arts (both locations – Crownsville AND Odenton)

1360 Blair Dr

Odenton, Maryland 21113

AND

1015 General Highway

Crownsville, MD 21032

<http://www.synergykarate.com/> for info on each location.

Offer:

4 Week Trial - \$34.50 (regularly \$69).

(includes free uniform during the month of March.)

Temple Boxing

2129 Baldwin Avenue

Crofton, MD 21114

Contact – Nick Manthos - (301) 408-8329

Offer:

Drop in rate of \$15 during the month of March. The normal drop in rate is \$20.

Transformations Fitness for Women Gym

2288 Blue Water Blvd, Suite 440

Odenton, MD 21113

Contact: Laura

410.674.7403

Offer:

1 FREE Class to all Crawlers

1 Month Membership with Childcare for \$29 (regularly \$65)

UFC Gym Crofton

1153 State Route 3 North

Gambrills, MD 21054

Contact – Willie

240.207.4182

Offer:

Free 7 day pass with access to the gym all day. No limit on the number of classes you can take.

If you join the gym, you will receive the \$59/month with \$49 enrollment or can choose NO enrollment fee and \$69.00/month with 1 year contract.

Vuong's Taekwondo and Fitness Center

1117 State Route 3 N

Gambrills, MD 21054

410.721.4400

Offer:

One month FREE trial for beginner Taekwondo students. *New students only.*

Class times:

Tuesday/Thursday 6:00 pm class - Beginner TKD (Ages 7 and up)

Tuesday OR Thursday 4:45 pm class - Beginner TKD (Ages 4-6)

Monday/Wednesday 8:00 pm – Beginner TKD (Adult class)

*This offer is extended to the parents of "crawlers". Fitness Crawl participants will receive 50% off enrollment and free uniform if they decide to join after the one month free trial. * New students only.*

****Chick-Fil-A Waugh Chapel has kindly offered to give a coupon good for ONE free "Egg White Grill" breakfast sandwich. ****