



# FITNESS CRAWL

PARTICIPATE IN THE "FITNESS CRAWL"

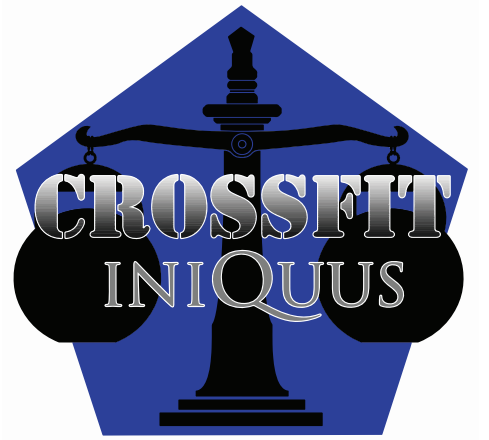
*During the month of March 2016, each of the "Stops" displayed here, is offering discounts or specials to patrons who have registered for the "Fitness Crawl" at: [www.croftonchamber.com](http://www.croftonchamber.com)*



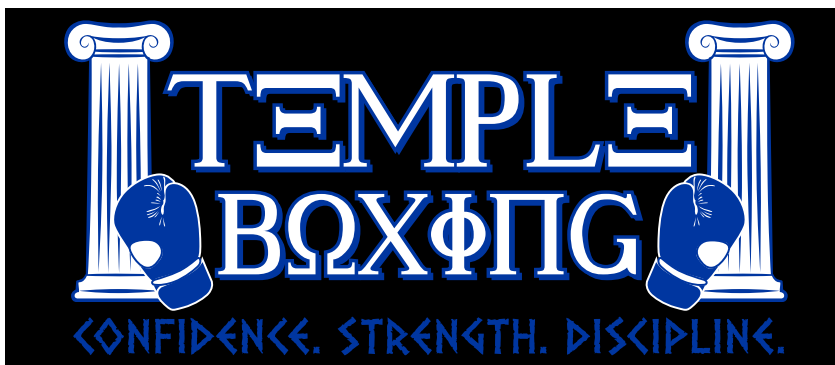
Scan to Register or for information



Pure Barre Crofton



Tranquil Wave Massage Therapy



## Sponsors



Advanced Chiropractic and Nutritional Healing Center

THOMAS R. CALLAHAN  
PROFESSIONAL CORPORATION  
Attorney and Counselor at Law  
Providing Complete Legal Services to  
the Crofton Community Since 1972

## Participating "stops" for the 2016 Fitness Crawl

### Crofton Bootcamp

1119 State Route 3 North; Suite 207  
Gambrills, MD 21054  
Contact – Kim A. - (443) 848-7999

#### Offer:

**Group Training** - 1st Group Session is FREE. Each additional class in the month of March is \$5 or \$29 for a month unlimited pass good in March only.

**Private Training** – Personal training (1 hour) is \$29. The normal rate is \$60. (MAX of 4 sessions during the month of March.)

**Semi-Private Personal Training** - \$15 per person. The normal rate is \$30.

### Crofton Yoga

2431 Crofton Lane, Suite 11  
Crofton, MD 21114  
Contact – Shelby - (410) 451-1625

#### 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. (www.croftonyoga.com)

### Crofton Jazzercise Fitness Center

1119 State Route 3 North  
Gambrills, MD 21054  
Contact – Dawn Scalza -(443) 223-4779

#### Offer:

**Drop in rate of \$10 for all classes.** The normal drop in rate is \$15.

\$50 for a four (4) class pass or \$120 for ten (10) classes to be used during the month of March.

### Crossfit Iniquus

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

#### Offer:

**Drop in rate of \$15 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.

### Gold's Gym Crofton

1625 Crofton Centre  
Crofton, MD 21114  
Contact – Michael Powell -(410) 451-4653

#### Offer:

**1-month membership (March) for \$10.** The normal monthly is \$45. The member-ship would include classes and use of all gym equipment.

### 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.

### OohRah Fitness

2137 Defense Highway  
Crofton, MD 21114  
Contact – Darelle Joiner - (301) 332-4274

#### Offer:

**Drop in rate of \$15 for all classes.** The normal drop in rate is \$25

### Pure Barre Crofton

1153 State Route 3 North  
Gambrills, MD 21054  
Contact – Kate or Laura -(240) 687-0676

#### Offer:

**Drop in rate of \$10 for all classes.** The normal drop in rate is \$25.

**\$55 for a five (5) class pack.** The normal rate is \$115.

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

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

### 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.

### Tranquil Wave Massage Therapy Group, LLC

1438 Defense Highway, Suite 102  
Gambrills, MD 21054  
Contact – Kerstin Wheeler - (443) 694 3681

#### Offer:

**60 minute therapeutic or sports massage for \$65** during the month of March.

The normal rate is \$80.

### UFC Gym Crofton

1153 State Route 3 North  
Gambrills, MD 21054  
Contact – Deana - (240) 207-4182

#### Offer:

**Free three (3) day pass** that does NOT need to be used consecutively, but must be used in March.

## Participating sponsors for the 2016 Fitness Crawl

### 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

#### Offer:

**Nutritional exam** (which includes a heart rate variability test, nutrition exam and report of findings) for \$105. The normal cost is \$210.

**Detailed chiropractic exam for \$51.25** (normal rate is \$102.50).

**Limited chiropractic exam for \$35.** (normal rate is \$70).

### DeMaio Chiropractic & Physical Therapy

2654 Brandermill Blvd.  
Gambrills, MD 21054  
Contact – Dr. DeMaio (410) 721-2222

#### Offer:

**Choice of ONE (1) of the following:**  
**One Free MLS Laser Therapy Treatment** (\$150 value)- Includes Pre-Laser Evaluation and laser treatment to one area of your body. Laser therapy helps relieve pain from back and joint problems, tendonitis, arthritis, disc disease, sprains and strains, Available at Gambrills location only.

**Complimentary Chiropractic Exam with X-rays if needed.** (\$250 value)

Available at Gambrills, Odenton and Bowie locations.

### IDLife – Travis Ala

Phone – 301.655.3575  
Email - FindIDLife@Gmail.com

#### Offer:

**Free Health Assessment** as well as a 30% coupon for anything purchased during the month of March.

### Effective Integrative Healthcare

1625 Crofton Center  
Crofton, MD 21114  
Contact – Dr. DeNardo -(410) 451-4640

#### Offer:

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

#### B12 shot

**Kinesio taping** Helps with pain reduction and promotion of blood flow after an injury. The tape can be used for swelling, bruising, to support an injured area, or to facilitate or inhibit a muscle group.

**Dry needle session** Restores proper function to abnormally behaving muscles, utilizing sterile, thin monofilament needles. This is used in areas of muscle with tight bands or knots.

### Gambrills Fitness Studio

375 Gambrills Road  
Gambrills, MD 21054  
Contact – Tina McDermott - (410) 570-5170

#### Offer:

**Rate of \$5 (regular rate is \$20) to attend a Total Body Fitness Class.**

The class will be held on the following dates: March 1st, 8th, 22nd, and 29th at 5pm. Participants MUST pre-register for the classes.

### Conquest Brazilian Jiu Jitsu and MMA

311 Serendipity Drive, Millersville, MD 21108  
Phone: 443-668-9769; Website: www.bjjconquest.com

#### Offer:

**Train Free for entire Month of March** in any or all of our programs (Over \$150 value)! Includes Brazilian Jiu Jitsu, Women's Fight Fit Fitness, Muay Thai/ Kickboxing, Yoga, Co-ed Fight Camp Fitness, Mixed Martial Arts, & Children's classes.