



5035 W. 71st St. Suite G ~ 3172054773

www.studiogfitness.com ~ studiogest2012@gmail.com

*** Non-Mbr \$5-10 OR OR included in \$75/mo MBRSH**
**** Non-Mbr \$12-\$15 OR included in \$75/mo MBRSH**
FIRST TIMERS (\$28/14 DAYS/UNLIMITED CLASSES)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards w/Pat	
5:15-6:15am Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS NO BOOTS (FEEL FREE TO WEAR TENNIS SHOES).	5:15-6:00am FHIIT & Toning w/Jen	5:15-6:15am "G" CYCLE & Toning w/Pat	5:15-6:00am "G" Battle Ropes w/Kerry Ann	8-8:45am "G" Battle Ropes w/Kerry Ann, Pat & Twana SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	8-9:00am Weight Training Need Assessment	
10-10:45am FHIIT & Toning w/Pat	10-10:45am Silver & Gold w/Shelley	6-7pm Weight Training Need Assessment	10-10:45am Silver & Gold w/Shelley	5:30-6:15pm FHIIT & Toning w/Pat	8:55-9:40am Xtreme Step w/ArKeva	
5:30-6:15pm Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS NO BOOTS (FEEL FREE TO WEAR TENNIS SHOES).	5:30-6:15pm "G" Battle Ropes w/Kerry Ann	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:30pm Weight Training Need Assessment	FRIDAY POP UP CLASSES! CHECK studiogfitness.com OR MindBody or Facebook for information	9:50-10:50am Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS NO BOOTS (FEEL FREE TO WEAR TENNIS SHOES).	
5:30-6:30pm Weight Training Need Assessment	6:30-7:30pm Weight Training Need Assessment	6:20-7:05pm Hip Hop w/Camille	6:30-7:30pm Weight Training Need Assessment			
6:40-7:25pm Xtreme Step w/Jen	6:15-7:20pm Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.	7:15-8:00pm Xtreme Step w/ArKeva	6:15-7:15pm Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.			
7:35-8:20pm Hip Hop Burn + Booty & Abs w/Jen						

TYPES OF CLASSES

LOW IMPACT/BEGINNERS

CARDIO FITNESS

DANCE FITNESS

CARDIO/TONING/HIIT

INTERVAL FITNESS

STRENGTH TRAINING



WEBSITE

EFF. 05/25