



5035 W. 71st St. Suite G ~ 3172054773
www.studiogfitness.com ~ studiogest2012@gmail.com

*Non-Mbr \$5-10 OR OR included in \$75/mo MBRSHp
**Non-Mbr \$12-\$15 OR included in \$75/mo MBRSHp
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 *	5:15-6:00am Heavy Bag/Shadow Boxing w/Pat Gloves & wraps or NO Gloves. Bring a mat. **we have a few gloves available for first timers.	5:15-6:00am "G" Battle Ropes w/Kerry Ann *	5:30-6:15pm FHIIT & Toning w/Pat *	8-8:45am "G" Battle Ropes w/Kerry Ann, Pat & Twana SPEIFIC INSTRUCTOR LISTED UPON SIGN UP *	
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 *	6-7pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	8:55-9:40am Xtreme Step w/ArKeva *	
	5:30-6:30pm Weight Training Need Assessment	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana *	6:30-7:30pm Weight Training Need Assessment	6:30-7:30pm Weight Training Need Assessment	10:15-11am Silver & Gold w/Shelley *	
5:30-6:30pm Weight Training Need Assessment	6:20-7:15pm Heavy Bag/Shadow Boxing w/Gena B. Gloves & wraps or NO Gloves. Bring a mat. **we have a few gloves available	6:20-7:05pm Hip Hop w/Camille *	6:20-7:15pm Heavy Bag/Shadow Boxing w/Gena B. Gloves & wraps or NO Gloves. Bring a mat. **we have a few gloves available for first timers.			
6:40-7:25pm Xtreme Step w/Jen *		7:15-8:00pm Xtreme Step w/ArKeva *				
7:35-8:20pm Hip Hop Burn + Booty & Abs w/Jen *						

EFF. 09/25

TYPES OF CLASSES

LOW IMPACT/BEGINNERS

CARDIO FITNESS

DANCE FITNESS

CARDIO/TONING/HIIT

INTERVAL FITNESS

STRENGTH TRAINING



WEBSITE

FRIDAY POP UP
CLASSES! CHECK
studiogfitness.com
OR MindBody or
Facebook for
information
