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**\* Non-Mbr \$5-10 OR OR included in \$75/mo MBRSHIP**

**\*\* Non-Mbr \$12-\$15 OR included in \$75/mo MBRSHIP**

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	7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards w/Pat
5:30-6:15pm Bounce/Kangoo w/Ireka **	5:30-6:15pm Weight Training Need Assessment	6-7pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	8-8:45am "G" Battle Ropes w/Kerry Ann, Pat & Twana SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	
\$0 MEMBERS \$12 NONMEMBERS NO BOOTS (FEEL FREE TO WEAR TENNIS SHOES).	5:30-6:15pm Weight Training Need Assessment	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:15pm Weight Training Need Assessment	6:30-7:30pm Weight Training Need Assessment	8:55-9:40am Xtreme Step w/Arkeva	
5:30-6:30pm Weight Training Need Assessment	6:20-7:05pm Boxing w/Gena B. Can be done With or Without gloves. **we have a few gloves available for first timers.	6:20-7:05pm Hip Hop w/Camille	6:20-7:05pm Weight Training Need Assessment	6:30-7:30pm Weight Training Need Assessment	10:15-11am Silver & Gold w/Shelley	
6:25-7:10pm Xtreme Step w/Jen	6:20-7:05pm Boxing w/Pat Can be done With or Without gloves. **we have a few gloves available for first timers.	7:15-8:00pm Xtreme Step w/Arkeva	5:30-6:15pm Boxing w/Pat Can be done With or Without gloves. **we have a few gloves available for first timers.	6:30-7:30pm Weight Training Need Assessment		
7:15-8pm Hip Hop Burn + Booty & Abs w/Jen	7:15-8:00pm Xtreme Step w/Arkeva	6:20-7:05pm ZUMBA w/Katherine	6:20-7:05pm ZUMBA w/Katherine			

EFF. 1/26

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

## TYPES OF CLASSES

- LOW IMPACT/BEGINNERS
- CARDIO FITNESS
- DANCE FITNESS
- CARDIO/TONING/HIIT
- INTERVAL FITNESS
- STRENGTH TRAINING