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*Cost: Non-Mbr \$5-10 **Cost: Non-Mbr \$12

\$78 MEBERSHIP INCLUDES 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 *	
	5:15-6:00am FHIIT & Toning w/Jen *	5:15-6:00am Boxing w/Pat ** Can be done With or Without gloves. **we have a few gloves available for first timers.	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 *		
	10-10:45am Silver & Gold w/Shelley *		10-10:45am Silver & Gold w/Shelley *			
5:30-6:15pm Bounce/Kangoo w/Ireka **	5:30-6:30pm 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	8:55-9:40am Xtreme Step w/ArKeva *	
\$0 MEMBERS \$12 NONMEMBERS NO BOOTS (FEEL FREE TO WEAR TENNIS SHOES).	6:30-7:30pm Weight Training Need Assessment	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) *	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	5:30-6:15pm "G" Battle Ropes w/Kerry Ann *	5:30-6:15pm w/Twana	5:30-6:15pm Boxing w/Pat Can be done With or Without gloves. **we have a few gloves available for first timers.	5:30-6:15pm Boxing w/Pat Can be done With or Without gloves. **we have a few gloves available for first timers.		
6:25-7:10pm Xtreme Step w/Jen *		6:20-7:05pm Xtreme Step w/ArKeva *				
7:15-8pm Hip Hop Burn + Booty & Abs w/Jen *						

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

8-8:45am
"G" Battle Ropes
w/Kerry Ann, Pat
& Twana
SPECIFIC
INSTRUCTOR
LISTED UPON
SIGN UP *

8:55-9:40am
Xtreme Step
w/ArKeva *

10:15-11am
Silver & Gold
w/Shelley *



WEBSITE

TYPES OF CLASSES

LOW IMPACT/BEGINNERS

CARDIO FITNESS

DANCE FITNESS

CARDIO/TONING/HIIT

INTERVAL FITNESS

STRENGTH TRAINING