



5035 W. 71st St. Suite G ~ 3172054773

www.studiogfitness.com ~ studiogest2012@gmail.com

EFF. 6/1, 2023

**** \$10 MBR/\$15 Non-MBR OR pass**

*** \$5-10 OR \$75/mo. membership OR pass**

FIRST TIMERS PROMO (\$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		7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards
5:15-6:05am Heavy Bag Boxing Fitness w/Stephen	5:15-6:00am FHIIT & Toning w/Jen	5:15-6:00am "G" Battle Balls, Bands & Boards	5:15-6:00am "G" Battle Ropes w/Kerry Ann	5:15-6am "G" Fit Cycle w/Gena B	8-8:45am "G" Battle Ropes w/Gena B, Kerry Ann, Jen, Pat SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	8:30-9:15am "G" Fit Cycle w/Gena B
9-9:45am BEGINNERS Xtreme Step w/Debbie	10-10:45am Silver & Gold w/Shelley		10-10:45am Silver & Gold w/Shelley	10-10:45am BEGINNERS Xtreme Step w/Debbie	8:55-9:40am Xtreme Step w/Arkeva	2:30-3:15pm Pedal Praise w/Gena B ENDS 6/25
10-10:45am FHIIT & Toning w/Pat	5:30-6:15pm "G" Battle Ropes w/Kerry Ann	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:15pm FHIIT & Toning w/Shelley		9:50-10:40am Zumba w/Vickie	
5:30-6:15pm "G" Battle Balls, Bands & Boards w/Camille	5:30-6:30pm Weight Training Need Assessment	5:30-6:15pm * TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:15pm * FHIIT & Toning w/Shelley	5:30-6:15pm * Zumba w/Camille		
5:30-6:30pm Weight Training Need Assessment	6:15-7:15pm Heavy Bag Boxing Fitness w/Stephen	6:20-7:05pm Hip Hop w/Camille	6:30-7:15pm "G" Fit Cycle w/Gena B OR Gospel Ride w/Mark SPECIFIC INSTRUCTOR LISTED UPON SIGN UP			
6:20-7:05pm Xtreme Step w/Jen		7:15-8:00pm Xtreme Step w/Arkeva or Jen SPECIFIC INSTRUCTOR LISTED UPON	7:30-9pm Urban Line Dance w/Deitra			
7:15-8:00pm Hip Hop Cardio Kick w/Jen						



**SCAN BARCODE OR
VISIT OUR WEBSITE**