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