

71st St. Suite G 3172054773 5035 W.

www.studiogfitness.com studiogest2012@gmail.com

> w/Shelley Silver & Gold

or NO Gloves.

w/Shelley Silver & Gold

& Twana

"G" Battle Ropes

w/Kerry Ann, Pat

8-8:45am

loves & wraps

Bring a mat.

"we have a fev

10-10:45am

w/Pat Boxing

*Non -10 \$75/mo cluded **MBRSHP**

ded 6 B No C

w/Jen 6:25-7:10pm 7:15-8pm Xtreme Step Weight Training Hip Hop Burn + Veed Assesment

5:30-6:30pm

Boxing Bag/Shadow

w/Gena B. or NO Gloves Gloves & wrap Bring a mat. "we have a few loves available

Bounce/Kangoo 5:30-6:15pm **\$0 MEMBERS** w/Ireka 5:30-6:30pm

\$12 NONMEMBERS

Weight Training

6:30-7:30pm Weight Training Need Assesment

6:20-7:05pm Heavy Need Assesment ** Hip Hop w/Twana

Xtreme Step 7:15-8:oopm w/ArKeva

"G" Battle Ropes w/Kerry Ann 5:30-6:15pm

6-7pm Weight Training Need Assesment

5:30-6:15pm **TBA Fitness** (Thighs, Booty,

6:20-7:05pm w/Camille Boxing or NO Gloves. Gloves & wraps w/Gena B. Heavy

**we have a few gloves available Bring a mat. or first timers

5:15-6:15am Need Assesment Weight Training

> Weight Training 5:15-6:15am

Need Assesment

5:15-6:15am

5:15-6:15am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Weight Training

7-8:00am

7:30-8:15am

Need Assesment

Balls, Bands & "G" Battle

Weight Training

Need Assesment

Need Assesment Weight Training

FHIIT & Toning 5:15-6:00am

Heavy

Bag/Shadow

5:15-6:00am

5:15-6:00am

8-9:00am

w/Pat

Boards

Weight Training

Need Assesment

w/Jen

"G" Battle Ropes w/Kerry Ann 10-10:45am

5:30-6:30pm Weight Training w/Pat FHIIT & Toning 5:30-6:15pm

or first timers. gloves available

Need Assesment

Weight Training 6:30-7:30pm Need Assesment

Bag/Shadow 6:20-7:05pm

> WEBSITE

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

SIGN UP

LISTED UPON NSTRUCTOR SPECIFIC

w/ArKeva 8:55-9:40am Xtreme Step 10:15-11am

Silver & Gold

w/Shelley

LOW IMPACT/BEGINNERS **TYPES OF CLASSES**

CARDIO FITNESS

DANCE FITNESS

CARDIO/TONING/HIIT

EFF. 10/25

w/Jen

Booty & Abs

INTERVAL FITNESS

STRENGTH TRAINING