

5035 W. 71st St. Suite G ~ 3172054773

www.studiogfitness.com ~ studiogest2012@gmail.com

**\$15 for Non-Mbr OR included in \$75/mo MBRSHP *\$5-10 OR \$75/mo. membership FIRST TIMERS (\$28/14 DAYS/UNLIMITED CLASSES)									
7:35-8:20pm * Hip Hop Burn + Booty & Abs w/Jen	Need Assesment 6:40-7:25pm * Xtreme Step	5:30-6:30pm Weight Training	\$12 NONMEMBERS Need Boots? Call 682-554-2523	5:30-6:15pm Bounce/Kangoo w/Ireka \$0 MEMBERS	10-10:45am * FHIIT & Toning w/Pat	\$12 NONMEMBERS Need Boots? Call 682-554-2523	5:15-6:15am Bounce/Kangoo w/Ireka \$0 MEMBERS	5:15-6:15am Weight Training Need Assesment	MONDAY
BRING: Gloves, wraps and a ma **we have a fev gloves available for first timers.	6:15-7:20pm * Heavy Bag Boxing Fitness w/Stephen	6:30-7:30pm Weight Training Need Assesment	5:30-6:30pm Weight Training Need Assesment	5:30-6:15pm v "G" Battle Rope w/Kerry Ann	11-11:45am BEGINNERS Xtreme Step w/Debbie	10-10:45am Silver & Gold w/Shelley	5:15-6:00am FHIIT & Toning w/Jen	5:15-6:15am Weight Training Need Assesment	TUESDAY

ttle Ropes

7:15-8:oopm

Xtreme Step

ohen Fitness Gloves, ave a few and a mat wailable timers.

30pm ssesment Training

20pm ** w/ArKeva

& Gold 45am NERS 45am lley | Toning 6-7pm 5:30-6:15pm Weight Training 5:15-6:00am Need Assesment w/Pat "G" CYCLE

6:20-7:05pm w/Twana (Thighs, Booty, **TBA Fitness**

w/Camille Нір Нор

Boxing Fitness Heavy Bag 6:15-7:15pm **

w/Stephen **we have a few for first timers. gloves available wraps and a mat BRING: Gloves,

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

THURSDAY

FRIDAY

5:15-6:00am

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

5:30-6:15pm w/Shelley

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

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

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

SIGN UP

8-9:00am Need Assesment Weight Training 7-8:00am

"G" Battle Ropes

Pat & Twana w/Kerry Ann,

SPECIFIC

INSTRUCTOR LISTED UPON

Switts

Need Assesment

8-8:45am

Weight Training

SATURDAY "G" Battle 7:30-8:15am SUNDAY

w/Pat Boards Balls, Bands &

TYPES OF CLASSES

DANCE FITNESS

LOW IMPACT/BEGINNERS

CARDIO FITNESS

CARDIO/TONING/HIIT

INTERVAL FITNESS

EFF. 09/24

STRENGTH TRAINING