

71st St. Suite G 3172054773 5035 W.

udiogest2012@gmail.com .studiogfitness.com

\$15 for **MBRSHP Non-Mbr included \$75/mo O ***\$5-10** OR \$75/mo. membership

ASSES)

FIRS1	T TIM	ERS (\$2	28/14	DAY	S/UNI	IMITE	D C
7:35-8:20pm * Hip Hop Burn + Booty & Abs w/Jen	6:40-7:25pm * Xtreme Step w/Jen	5:30-6:30pm Weight Training Need Assesment		\$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	Bounce/Kangoo w/Ireka \$0 MEMBERS
wraps **we I gloves for firs	Heavy Boxing w/Ste BRING	Weigh Need / 6:15-7	6:30-7:	5:30-6: Weigh Need /	5:30-6 "G" Ba w/Ker		10-10: Silver w/She	FHIIT 8 w/Jen

:15pm ry Ann ttle Ropes

30pm ssesment Training

> w/Camille Нір Нор 6:20-7:05pm

30pm ssesment Training 7:15-8:oopm w/ArKeva Xtreme Step

20pm ** hen Fitness Gloves,

for first timers.

and a mat

ave a few

timers. vailable

EFF. 02/25

Need Assesment 5:15-6:00am Weight Training FHIIT & Toning & Gold 45am

5:15-6:15am

5:15-6:00am

"G" CYCLE &

5:15-6:15am

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

5:15-6:15am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7-8:00am

"G" Battle

7:30-8:15am

Balls, Bands &

Boards

6-7pm Need Assesment Weight Training

5:30-6:15pm

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

w/Twana

5:30-6:30pm Weight Training

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

Need Assesment

w/Stephen **Boxing Fitness Heavy Bag** 6:15-7:15pm **BRING: Gloves** **we have a few wraps and a ma gloves available

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

w/Kerry Ann Silver & Gold 10-10:45am

"G" Battle Ropes

w/Pat

Toning

w/Shelley

FHIIT & Toning

"G" Battle Ropes w/Kerry Ann,

Pat & Twana

SPECIFIC

8-8:45am

Weight Training

Need Assesment

8-9:00am

Need Assesment Weight Training

Xtreme Step 8:55-9:40am

SIGN UP

LISTED UPON NSTRUCTOR

w/ArKeva

WEBSITE

TYPES OF CLASSES

DANCE FITNESS

LOW IMPACT/BEGINNERS

CARDIO FITNESS

CARDIO/TONING/HIIT

INTERVAL FITNESS

STRENGTH TRAINING