

w/Jen

7:35-8:20pm

6:40-7:25pm

Xtreme Step

w/Stephen

BRING: Gloves,

**Boxing Fitness** Heavy Bag 6:15-7:20pm

7:15-8:oopm

gloves available

or first timers.

wraps and a mat

\*\*we have a few

w/Stephen **Boxing Fitness** 

BRING: Gloves,

Xtreme Step

w/ArKeva or Jen

Need Assesment Weight Training

w/Jen

Booty & Abs

gloves available \*\*we have a few wraps and a mat.

LISTED UPON

w/Deitra

**Urban Line Dance** 

7:30-9pm

**NSTRUCTOR** PECIFIC

or first timers.

Hip Hop Burn +

71st St. Suite G 3172054773

.studiogfitness iogest2012@gmail.com

for **MBRSHP** Non-Mb cluded 0 bership R \$75/m 0

Bounce/Kangoo

"G" Battle Ropes

5:30-6:15pm

w/Kerry Ann

5:30-6:15pm

6:30-7:30pm

(Thighs, Booty, TBA Fitness

Need Assesment Weight Training w/Ireka

\$12 NONMEMBERS

\$0 MEMBERS

cash app

\$ismith2384

682-554-2523 Need Boots?

6:30-7:30pm

Need Assesment Weight Training 5:30-6:30pm

w/Twana

6:15-7:20pm

\*

Heavy Bag

Weight Training

Need Assesment

w/Camille Нір Нор 6:20-7:05pm

5:30-6:30pm

5:30-6:30pm cash app 5:15-6:15am 5:15-6:15am \$0 MEMBERS Need Assesment Weight Training \$12 NONMEMBERS w/Ireka Bounce/Kangoo

Silver & Gold

10-10:45am

Balls, Bands & "G" Battle 5:15-6:00am **ENDS 5/29/24**  MONDAY

**TUESDAY** 

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY** 

SUNDAY

5:15-6:15am

5:15-6:15am

Need Assesment Weight Training

> Weight Training 5:15-6:15am

Need Assesment

**Need Assesment** Weight Training

FHIIT & Toning 5:15-6:00am

FHIIT & Toning 10-10:45am \$ismith2384 682-554-252 Need Boots?

w/Shelley

w/Debbie 11-11:45am Xtreme Step BEGINNERS

w/Pat "G" CYCLE 5:15-6:00am **BEGINS 6/5/24** 

Weight Training

Need Assesment 5:30-6:30pm

Weight Training Need Assesment

FHIIT & Toning

SIGN UP

Svinis

w/Shelley Silver & Gold 5:30-6:15pm

5:30PM

SOON COMING CLASSES SPECIALT

"G" Fit Cycle 5:15-6am ENDS 5/31/24 \*\* w/GenaB

w/Kerry Ann "G" Battle Ropes 5:15-6:00am

10-10:45am

Pat & Twana w/Kerry Ann, "G" Battle Ropes 8-8:45am SPECIFIC LISTED UPON INSTRUCTOR

8-9:00am Weight Training Need Assesment

w/Pat

"G" Battle 7:30-8:15am Balls, Bands & Boards

Weight Training 7-8:00am

Need Assesment

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

**TYPES OF CLASSES** 

LOW IMPACT/BEGINNERS

**CARDIO FITNESS** 

**CARDIO/TONING/HIIT** 

**DANCE FITNESS** 

STRENGTH TRAINING

INTERVAL FITNESS

**EFF. 05/24**