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****\$15 for Non-Mbr OR included in \$75/mo MBRSHIP**

***\$5-10 OR \$75/mo. membership**

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	5:15-6:15am Weight Training Need Assessment	7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards w/Pat *
5:15-6:15am Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS Need Boots? Call 682-554-2523	5:15-6:00am FHIIT & Toning w/Jen *	5:15-6:00am "G" CYCLE w/Pat **	5:15-6:00am "G" Battle Ropes w/Kerry Ann *	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 *	
10-10:45am FHIIT & Toning w/Pat *	10-10:45am Silver & Gold w/Shelley *	6-7pm Weight Training Need Assessment	10-10:45am Silver & Gold w/Shelley *	5:30PM Cardio Dance Shorron	8:55-9:40am Xtreme Step w/Arkeva *	
5:30-6:15pm Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS Need Boots? Call 682-554-2523	11-11:45am BEGINNERS Xtreme Step w/Debbie *	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana *	5:30-6:15pm FHIIT & Toning w/Pat *			
5:30-6:15pm "G" Battle Ropes w/Kerry Ann *	5:30-6:15pm "G" Battle Ropes w/Kerry Ann *	6:20-7:05pm Hip Hop w/Carnille *	5:30-6:30pm Weight Training Need Assessment			
5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	7:15-8:00pm Xtreme Step w/Arkeva *	6:30-7:30pm Weight Training Need Assessment			
6:40-7:25pm Xtreme Step w/Jen *	6:15-7:20pm Heavy Bag Boxing Fitness w/Stephen **	6:15-7:15pm Heavy Bag Boxing Fitness w/Stephen **	6:15-7:15pm Heavy Bag Boxing Fitness w/Stephen **			
7:35-8:20pm Hip Hop Burn + Booty & Abs w/Jen *	BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.	BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.	BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.			

EFF. 09/24

TYPES OF CLASSES

LOW IMPACT/BEGINNERS CARDIO FITNESS

DANCE FITNESS CARDIO/TONING/HIIT

INTERVAL FITNESS STRENGTH TRAINING

