

## 5035 W. 71st St. Suite G ~ 3172054773

studiogest2012@gmail.com www.studiogfitness.com

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

*\$5-10 OR \$75/mo. membership											
FIRST TIMERS (\$28/14 DAYS/UNLIMITED CLASSES)											
Booty & Abs w/Jen		w/Jen *	Need Assesment 6:20-7:05pm *	5:30-6:30pm	Balls, Bands & Boards w/Camille	5:30-6:15pm *	10-10:45am * FHIIT & Toning w/Pat		5:15-6:15am Weight Training Need Assesment	MONDAY	
for first timers.	wraps and a mat.  **we have a few gloves available	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	"G" Battle Ropes w/Kerry Ann	w/Debbie 5:30-6:15pm *	11-11:45am * BEGINNERS Xtreme Step	10-10:45am * Silver & Gold w/Shelley	5:15-6:00am * FHIIT & Toning w/Jen	5:15-6:15am Weight Training Need Assesment	TUESDAY
EFF. 01/			INSTRUCTOR LISTED UPON SIGN UP	7:15-8:oopm * Xtreme Step w/ArKeva or Jen	w/ callille	6:20-7:05pm * Hip Hop w/Camille	(Thighs, Booty, Abs) w/Twana	5:30-6:15pm <b>*</b>	5:15-6:00am * "G" Battle Balls, Bands &		WEDNESDAY
EFF. 01/01, 2024	7:30-9pm Urban Line D w/Deitra	wraps and a **we have a gloves availa for first time	Heavy Bag Boxing Fitne w/Stephen BRING: Glov	Weight Train Need Assesn 6:15-7:20pm	6:30-7:30pm	5:30-6:30pm Weight Train	5:30-6:15pm FHIIT & Ton w/Pat	10-10:45am Silver & Gol w/Shelley	5:15-6:00am "G" Battle R w/Kerry Anr	5:15-6:15am Weight Train Need Assesn	THURSD/

FHIIT & Toning 5:30-6:15pm

Weight Training

Need Assesment

Weight Training

Need Assesment

**Boxing Fitness** 

BRING: Gloves w/Stephen

wraps and a ma

6:15-7:20pm

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w/Vickie Zumba 9:50-10:40am

w/ArKeva

8:55-9:40am

SIGN UP

ISTED UPON NSTRUCTOR

Xtreme Step

**Urban Line Dance** w/Deitra 7:30-9pm

or first timers.

doves available \*we have a few 5:15-6:00am 5:15-6:15am **Need Assesment** Weight Training

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

w/Shelley Silver & Gold

w/Camille Zumba 5:30-6:15pm

w/GenaB "G" Fit Cycle 5:15-6am

8-9:00am

w/Pat

Boards

**Need Assesment** 

Balls, Bands & "G" Battle

Weight Training

7-8:00am

7:30-8:15am

8-8:45am

"G" Battle Ropes

w/Kerry Ann,

Pat & Gena B

SPECIFIC

Weight Training **Need Assesment** 

w/MarkShort Gospel Ride

2:30-3:15pm \*\*

Smits

## **TYPES OF CLASSES**

LOW IMPACT/BEGINNERS

**CARDIO FITNESS** 

**CARDIO/TONING/HIIT** 

**DANCE FITNESS** 

INTERVAL FITNESS

STRENGTH TRAINING