



5035 W. 71st St. Suite G ~ 3172054773

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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	7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards w/Pat	
10-10:45am * FHIIT & Toning w/Pat	10-10:45am * Silver & Gold w/Shelley	10-10:45am * "G" Battle Balls, Bands & Boards	10-10:45am * Silver & Gold w/Shelley	5:15-6am ** "G" Fit Cycle w/Gena B	8-8:45am * "G" Battle Ropes w/Kerry Ann, Pat & Gena B SPECFIC INSTRUCTOR LISTED UPON SIGN UP	2:30-3:15pm ** Gospel Ride w/Mark Short
5:30-6:15pm * "G" Battle Balls, Bands & Boards w/Camille	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 * Zumba w/Camille	8:55-9:40am * Xtreme Step w/ArKeva	
5:30-6:30pm Weight Training Need Assessment	5:30-6:15pm * "G" Battle Ropes w/Kerry Ann	6:20-7:05pm * Hip Hop w/Camille	5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	9:50-10:40am * Zumba w/Vickie	
6:20-7:05pm * Xtreme Step w/Jen	6:30-7:30pm Weight Training Need Assessment	7:15-8:00pm * Xtreme Step w/ArKeva or Jen SPECFIC INSTRUCTOR LISTED UPON SIGN UP	6:30-7:30pm Weight Training Need Assessment	5:15-6:00am * "G" Battle Ropes w/Kerry Ann		
7:15-8:00pm * Hip Hop Burn + Booty & Abs w/Jen	6:15-7:20pm ** Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.	6:15-7:20pm ** Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.	6:15-7:20pm ** Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available for first timers.	7:30-9pm * Urban Line Dance w/Deitra		

**TYPES OF CLASSES**

LOW IMPACT/BEGINNERS

CARDIO FITNESS

DANCE FITNESS

CARDIO/TONING/HIIT

INTERVAL FITNESS

STRENGTH TRAINING



EFF. 01/01, 2024