



GEM WEEKLY CLASS



GEM FITNESS

SUNDAY

GROUNDFLOW

8:00 AM

THERESA

G.R.I.T

8:30 AM

THERESA

VINYASA

9:15 AM

EILEEN

MONDAY

BODY SCULPT

7:00 AM

FRAN

RUST

10:00 AM

DYLAN

TUESDAY

STACKED

8:00 AM

THERESA

POWER CARDIO

9:30 AM

TARA

CHAIR YOGA

2:00 PM

EILEEN

WEDNESDAY

STEPPIN GEM

9:00 AM

PATRICE

THURSDAY

PILATES

8:00 AM

PATRICE

CHAIR STRENGTH

11:00 AM

DAVE

FRIDAY

POWER CARDIO

7:00 AM

THERESA

STACKED

8:00 AM

DYLAN

SATURDAY

G.R.I.T

7:15 AM

THERESA

BOOTCAMP

8:00 AM

DYLAN

NUTRITION

8:45 AM

ROB

GYM TRAIN

6:00 PM

ROB

PILATES

6:00PM

LINDSEY

BOXERCISE

5:45 PM

DENNIS

CIRCUIT STRENGTH

6:00 PM

ANDREA

GYM TRAIN

4:30PM

DENNIS

I.R.O.N.

5:15 PM

DENNIS



If you don't see the class or class time you need, let us know. My GEM Fitness means classes built for you.

WWW.MYGEMFITNESS.COM
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