



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

R.U.S.T

9:15 AM

SHANNON

TUESDAY

POWER CARDIO

9:30 AM

THERESA

CHAIR STRENGTH

1:00 PM

KATIE

WEDNESDAY

STEPPIN

9:15 AM

PATRICE

PILATES

10:00 AM

PATRICE

THURSDAY

CORE RX

7:30 AM

THERESA

CHAIR YOGA

10:00 AM

EILEEN

FRIDAY

PILATES

8:00 AM

KATIE

CHAIR STRENGTH

1:00 PM

KATIE

SATURDAY

G.R.I.T

7:15 AM

THERESA

BOOTCAMP

8:00 AM

THERESA

GYM TRAIN

6:00 PM

CASS

BOOTCAMP

6:15 PM

SHANNON

PILATES

6:00 PM

MICHAELA

CIRCUIT STRENGTH

6:00 PM

ANDREA

B.E.A.T.S

6:45 PM

ANDREA

POWER CARDIO

5:30 PM

CASS



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