



GEM WEEKLY CLASS



GEM FITNESS

SUNDAY

VINYASA
9:15 AM
EILEEN



MONDAY

**CARDIO
DRUMMING**
7:45 AM
SIENA

RUST
10:00 AM
DYLAN

GYM TRAIN
6:00 PM
ROB

TUESDAY

OTAGO

BOOTCAMP
6:00PM
SIENA

WEDNESDAY

STEPPIN GEM
8:30 AM
PATRICE

PILATES
9:15 AM
PATRICE

BOXERCISE
5:45 PM
DENNIS

THURSDAY

POWER CARDIO
9:30 AM
TARA

**CHAIR
STRENGTH**
11:00 AM

**CIRCUIT
STRENGTH**
6:00 PM
ANDREA

FRIDAY

STACKED
8:00 AM
THERESA

I.R.O.N.
5:30 PM
DENNIS
GYM TRAIN
6:00 PM
ROB

SATURDAY

BOOTCAMP
8:00 AM
ROB



*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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