



# 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

1:00 PM  
THERESA

## FRIDAY

### I.R.O.N.

7:00 AM  
THERESA

### STACKED

8:00 AM  
DYLAN

## SATURDAY

### G.R.I.T

7:15 AM  
MAX

### BOOTCAMP

8:00 AM  
DYLAN

### GYM TRAIN

6:00 PM  
THERESA

### BOOTCAMP

6:00PM  
ANDREA

### GYM TRAIN

4:30 PM  
DENNIS

### BOXERCISE

5:45 PM  
DENNIS

### CIRCUIT STRENGTH

6:00 PM  
ANDREA

### POWER CARDIO

5:30PM  
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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