

# 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

CASS

## TUESDAY

### POWER CARDIO

9:30 AM

## WEDNESDAY

### STEPPIN

9:15 AM

PATRICE

## THURSDAY

### PILATES

8:00 AM

PATRICE

## FRIDAY

### RUST

9:45 AM

## SATURDAY

### G.R.I.T

7:15 AM

THERESA

### BOOTCAMP

8:00 AM

THERESA

### GYM TRAIN

6:00 PM

CASS

### BOOTCAMP

6:15 PM

ANDREA

### GROUNDFLOW

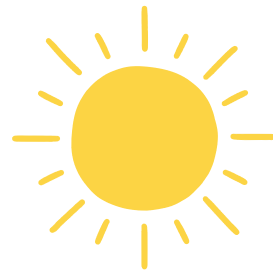
6:00 PM

THERESA

### CIRCUIT STRENGTH

6:00 PM

ANDREA



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