

CLASS SCHEDULE

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00am COMBO Frankie		7:00am BALL/BOSU Frankie		
8:30am STRENGTH Frankie	9:00am BARRE/SCULPT Frankie	8:30am SCULPT Frankie	9:00am TRX Frankie	8:30am MAT Frankie	8:30am COMBO Frankie
10:30am Beginner APP Frankie	10:30am APPARATUS Frankie	10:30am Beginner APP Frankie	10:30am APPARATUS Frankie	10:30am Beginner APP Frankie	9:30am STRETCH Frankie
11:30am SENIOR Core Frankie	11:30am SENIOR Sculpt Frankie	11:30am SENIOR Stretch Frankie	11:30am SENIOR Balance Frankie	11:30am SENIOR Strength Frankie	10:30am APPARATUS Frankie
5:30pm MAT Frankie	5:30pm APPARATUS Frankie	5:30pm Beginner APP Frankie	5:30pm APPARATUS Frankie		
6:30pm Beginner APP Frankie	6:30pm STRETCH Frankie		6:30pm COMBO Frankie		

ALL FITNESS LEVELS WELCOME

Book classes online at **Barefootdriggs.com** up to 2 hours prior to start time. Cancellations allowed up to 6 hours before class. Class minimum 3 and maximum 20.

ALL SALES ARE FINAL

NOTE: If you do not have Pilates Apparatus experience or are new to our studio, please schedule an **Introductory Private session (\$50)** with Frankie **BEFORE** taking classes
561-307-0997

www.BarefootDriggs.com
Download the GymMaster Member App to sign up for classes



PRICING 2026

53 Depot Rd, Driggs

MEMBERSHIPS (good for 6 months)

(add \$10/month if purchasing less than 6 mo)

- Gym (24/7 access) **\$35/mo**
- Group Fitness 4 Class **\$70/mo**
- Group Fitness 8 Class **\$125/mo**
- Group Fitness 12 Class **\$180/mo**
- Apparatus 4 Class **\$165/mo**
- Apparatus 8 Class **\$310/mo**
- Spa Unlimited (24/7 access) **\$190/mo**
- Spa Add-On (for existing members) **\$100/mo**

NOTE: All memberships are for a minimum of 6 months & include FREE gym access PLUS 10% OFF at Dony's Café (cannot be combined with other offers).

GIFT CERTIFICATES
Available upon request for any amount or service

PACKAGES & DROP INS (packages have a 3 month expiration)

- Group Fitness: 1 class **\$20**, 4 class **\$75** (\$18.75), 8 class **\$130** (\$16.25)
- Apparatus: 1 class **\$45**, 4 class **\$170** (\$42.50), 8 class **\$320** (\$40)
- Privates: 1 class **\$85**, 4 class **\$320** (\$80), 8 class **\$600** (\$75)
- Duets: 1 class **\$120**, 4 class **\$440** (\$110), 8 class **\$800** (\$100)
- SPA Day Pass **\$50/day**
- GYM Day Pass **\$15/day**

NOTE: All packages expire after 3 months
TEACHERS get 12% OFF all classes USE Code "TEACHER12" at checkout

Corporate and Family discounts available for SPA and GYM
(3+ from the same business OR 2+ from the same family)

PHYSICAL THERAPY
Starting at **\$150** Check website for practitioner contact details



www.DorysCafe.com

CATERING • PRIVATE CHEF • FOOD TRUCK

BREAKFAST

- English Muffin Sandwich \$7
- Croissant Sandwich \$9
- Toasted Breakfast Burrito \$9
- Everything Bagel Sandwich \$7
- Pancake Sausage Sandwich \$7
- French Toast Sticks \$6
- Waffle Bacon & Egg Sandwich \$7
- Pancakes OR Waffles \$7
- High Protein Yogurt Bowl \$7

PANINIS & Toasted WRAPS

(Includes Chips or Side salad)

- Pesto Caprese Panini \$11
- California Panini \$10
- Tangy Turkey Panini \$10
- Bacon Jalapeno Panini \$10
- Beef OR Chicken Fajita Wrap \$12
- Gyro Toasted Wrap \$12
- Arugula Chicken Wrap \$11
- Veggie Chickpea Wrap \$11

SALADS

(Available as a Bowl or Wrap)

- BLT Salad \$10
- Asian Chicken Salad \$11
- Blueberry Chicken Salad \$11
- Taco (chicken or beef) Salad \$10
- Chicken Caesar Salad \$10
- Green Side Salad \$3



KIDS MENU

- PB&J \$4
- French Toast Sticks \$4
- Pancakes OR Waffles \$4
- Hot Soft Pretzel Stick \$2
- Grilled Cheese Panini \$6

SMOOTHIES

- Mango Muscle \$9
- Beauty Berry Blast \$9
- Strawberry Banana Sunrise \$9
- Tummy Tamer \$9
- Morning Matcha \$9
- Choco-Nana Delight \$9
- Creamy Greenie \$9
- Tropical Tango \$9
- Blueberry Brain Booster \$9

BEVERAGES

- Coffee, Tea, Espresso, Latte, Mocha, Golden Milk, Matcha, Hot Chocolate
- Lemonade, Kombucha, Juice, Iced Tea, Gatorade, Izze, LaCroix, Celsius, Bottled Water, Drip Drop

SNACKS

- Cookies, Brownies, Cakes \$1.50
- Potato OR Terra Chips Or Pirates Booty \$2

SOUP & CHILI

(November thru April from \$8)

53 Depot Rd, Driggs (next to the Wolf)

Open 7 days a week

FOR EXTRA DETAILS STOP BY THE CAFÉ OR VISIT OUR WEBSITE