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| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 7:00am  **BARRE/SCULPT**  Frankie |  | 7:00am  **COMBO**  Frankie |  | 8:30am  **COMBO**  Frankie | **ALL FITNESS LEVELS WELCOME** |
| 8:30am  **BARRE**  Frankie | 9:00am  **COMBO**  Frankie | 8:30am  **SCULPT**  Frankie | 9:00am  **BALL/BOSU**  Frankie | 8:30am  **MAT**  Frankie | 9:30am  **STRETCH**  Frankie |  |
| 10:30am **Beginner** **APP**  Frankie | 10:30am  **APPARATUS**  Frankie | 10:30am  **Beginner APP**  Frankie | 10:30am  **APPARATUS**  Frankie | 10:30am  **Beginner** **APP**  Frankie | 10:30am  **BOXING**  Frankie | 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*** |
| 11:30am  **SENIOR Sculpt**  Frankie | 11:30am  **SENIOR Stretch**  Frankie | 11:30am  **SENIOR Balance**  Frankie | 11:30am  **SENIOR Combo**  Frankie | 11:30am  **SENIOR Core**  Frankie | 11:30am  **SELF DEFENSE** (kids)  Justina |  |
|  |  | 4:30pm  **SELF DEFENSE** (kids)  Justina |  |  | 12:30pm  **SELF DEFENSE**(adults)Justina |  |
| 5:30pm  **MAT**  Frankie | 5:30pm  **APPARATUS** Frankie | 5:30pm  **SELF DEFENSE** (adults)Justina | 5:30pm  **APPARATUS**  Frankie |  |  | ***NOTE****: If you do not have Pilates Apparatus experience or are new to our studio, please schedule an* ***Introductory Private session ($40)*** *with Frankie BEFORE taking classes* ***561-307-0997*** |
| 6:30pm  **Beginner** **APP**  Frankie | 6:30pm  **COMBO**  Frankie | 5:30pm  **Beginner APP**  Frankie | 6:30pm  **BARRE/SCULPT**  Frankie | 6:30pm **Martial Arts** with Kwat |  |  |

**A blue and grey logo

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**CLASS SCHEDULE**

**WINTER 2024/25**

**WINTER 2023/20242024**

Download theGymMaster Member App to sign up for classes

[**www.BarefootDriggs.com**](http://www.BarefootDriggs.com)

**A room with mats and equipment

Description automatically generatedA room with exercise equipment

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**MEMBERSHIPS** (good for 6 months) **PACKAGES & DROP INS** (packages have a 3 month expiration)

***(add $10/month if purchasing less than 6 mo)* Group Fitness:** 1 class **$18**, 4 class **$65** ($16.25), 8 class **$120** ($15)

**Gym** (24/7 access) **$35**/mo **Apparatus:** 1 class **$40**, 4 class **$150** ($37.50), 8 class **$280** ($35)

**Group Fitness** 4 Class **$55**/mo **Privates:** 1 class **$85**, 4 class **$320** ($80), 8 class **$600** ($75)

**Group Fitness** 8 Class **$110**/mo **Duets:** 1 class **$100**, 4 class **$380** ($95), 8 class **$720** ($90)

**Group Fitness** 12 Class **$150**/mo **SPA Day Pass**  **$40**/day

**Group Fitness** Unlimited **$190**/mo **GYM Day Pass $15**/day

**Apparatus** 4 Class **$140**/mo **NOTE:** *All packages expire after 3 months*

**Apparatus** 8 Class **$270**/mo

**Apparatus** 12 Class **$380**/mo

**Spa** Unlimited(24/7 access) **$160**/mo

**Spa** Add-On **(for existing members) $80**/mo

**NOTE:** *All memberships are for a minimum of 6 months & include FREE gym*

*access PLUS 10% OFF at Dory’s Café (cannot be combined with other offers).*

**53 Depot Rd, Driggs**

**2024/25**

**GIFT CERTIFICATES**

Available upon request for any amount or service

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

*Check website for practitioner contact details*

By appointment only

**PHYSICAL THERAPY MASSAGE THERAPY**

Starting at **$150** Starting at **$85**

***TEACHERS get 12% OFF all classes USE Code” TEACHER12” at checkout***

53 Depot Rd, Driggs, ID 83422 208-354-CORE Credit Cards, Venmo, Zelle, Cash & Checks Accepted. NO REFUNDS

A sign with text on it

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**BREAKFAST**

**Breakfast Egg Sandwich from $8**

**Bagel, English Muffin, Croissant, Panini, Toasted Wrap**

**Protein:** Sausage, Bacon, Ham, Turkey, Herb Cheese

**Cheese:** Cheddar, Swiss, Pepper Jack

**Optional Veggies** ($0.50)

**Pancake Sausage Sandwich** **$8**

**Banana Toast** **$6**

**French Toast Sticks $6**

**Waffle Bacon & Egg Sandwich $7**

**Pancakes $7**

**PANINIS & Toasted WRAPS**

(Includes Chips or Side salad)

**Pesto Caprese Panini** **$11**

***FOR EXTRA DETAILS STOP BY THE CAFÉ OR VISIT OUR WEBSITE***

**California Panini** **$10**

**Tangy Turkey Panini $10**

**Rosemary Chicken Panini $10**

**Lemony Veggie Panini $10**

**Bacon Jalapeno Panini $10**

**Gyro Toasted Wrap $12**

**Blueberry Chicken Wrap $11**

**Arugula Parmesan Wrap $10**

**Thai Cranberry Chicken Wrap $11**

**SALADS**

(Available as a Bowl or Wrap)

**BLT Salad** **$10**

**Asian Salad** **$10**

**Chickpea Bell Pepper Salad $10**

**Blueberry Spinach Salad** **$10**

**Cranberry Mandarin Salad $10**

**Caesar Salad $9 Green Side Salad $3**

**Lunch Delivery available 7 days a week**

**www.DorysCafe.com**

**KIDS MENU**

**PB& J $4**

**French Toast Sticks $4**

**Pancakes $4**

**Hot Soft Pretzel Stick $2**

**Caesar Salad $4**

**Grilled Cheese Panini $6**

**Ham & Cheese Wrap $5**

**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**

**Hot Pretzel Stick or Bites $2**

**Potato Chips OR Terra Chips $2**

**SOUPS**

(November thru April from $6)

**A bowl of salad with chicken and oranges

Description automatically generated A plate of food on a table

Description automatically generated A bowl of soup with a spoon and a bowl of crackers

Description automatically generated A bagel sandwich with egg and tomato

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**53 Depot Rd, Driggs (next to the Wolf) Open 7 days a week**