

CLASS SCHEDULE

SUMMER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am CARDIO CORE Frankie	7:00am COMBO Frankie	7:30am CARDIO CORE Frankie	7:00am BALL/BOSU Frankie	7:30am CARDIO CORE Frankie	7:30am CARDIO CORE 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 Balance Frankie	11:30am SENIOR Stretch 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
TEXT: 561-307-0997

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



PRICING 2026

53 Depot Rd, Driggs

<p>MEMBERSHIPS (good for 6 months) <i>(add \$10/month if purchasing less than 6 mo)</i></p> <p>Gym (24/7 access) \$40/mo.</p> <p>Group Fitness 4 Class \$80/mo.</p> <p>Group Fitness 8 Class \$150/mo.</p> <p>Group Fitness 12 Class \$200/mo.</p> <p>Apparatus 4 Class \$160/mo.</p> <p>Apparatus 8 Class \$310/mo.</p> <p>Spa Unlimited (24/7 access) \$190/mo.</p> <p>Spa Add-On (for existing members) \$100/mo.</p>	<p>GIFT CERTIFICATES Available upon request for any amount or service</p>	<p>PACKAGES & DROP INS (packages have a 3 month expiration)</p> <p>Group Fitness: 1 class \$25, 4 class \$90 (\$22.50), 8 class \$160 (\$20.00)</p> <p>Apparatus: 1 class \$45, 4 class \$170 (\$42.50), 8 class \$320 (\$40.00)</p> <p>Privates: 1 class \$90, 4 class \$340 (\$85), 8 class \$640 (\$80)</p> <p>Duets: 1 class \$140, 4 class \$520 (\$130), 8 class \$960 (\$120)</p> <p>SPA Day Pass \$50/day</p> <p>GYM Day Pass \$20/day</p> <p>FACILITY RENTAL \$20/hr.</p> <p>NOTE: All packages expire after 3 months</p>	<p>PHYSICAL THERAPY Starting at \$150 <i>Check website for practitioner contact details</i></p>
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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).

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)



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