



53 Depot Ave, Driggs, ID 83422

208-354-CORE



Try a class for \$5

USE CODE: FIRSTCLASS
New Clients only. Fitness classes only.

- Pilates
- Fitness
- Boxing
- TRX
- Core
- Yoga
- Gym

Refer a friend and get bonuses or account credits.

Register Online for all classes

www.BarefootDriggs.Com

Frankie Owens

Owner

Frankie is a veteran fitness instructor and has owned/operated fitness businesses for the past 30 years. Teton Valley since 2011, Frankie recently expanded Barefoot Fitness &



Pilates Studio into a beautiful exercise space that includes a full gym, state of the art Pilates studio, group fitness room offering every type of class you can imagine plus a Kids Club, Clothing Boutique, Spa and Coffee/Juice Bar. Frankie holds over 20 fitness certifications plus two different Pilates certifications. She is also trained in Yoga and Gyrotonic™ and offers her own teacher training programs through her company Pilates Training Camp (PTC) both locally and worldwide. Call to schedule your facility tour OR a Pilates session with Frankie today.

BAREFOOT TEAM: Erica Linnell



Erica has taught everything from skiing and NOLS courses to Yoga and cooking classes. Hand-picked by Frankie, she is now fully trained in Pilates Apparatus, Mat & Small Equipment through PTC.

Join Barefoot Today!!

Fitness Classes



Full Service Gym



Pilates Studio



www.BarefootDriggs.com



Barefoot
Fitness & Pilates

208-354-CORE

Class Schedule

Effective November 29th, 2020

barefootdriggs@gmail.com

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MENU of SERVICES

MEMBERSHIPS

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

Gym Access \$25/mo

Group Fitness Monthly Dozen \$120/mo

Group Fitness Unlimited \$160/mo

Apparatus 8 Class \$210/mo

Apparatus 12 Class \$300/mo

Combo Class (4 App & 8 Fitness) \$200/mo

Private 4 Class \$230/mo

Private 8 Class \$440/mo

Personal Training 4 Class \$180/mo

Personal Training 8 Class \$360/mo

Spa 4 Visits \$100/mo

Spa 8 Visits \$160/mo

NOTE: All memberships are for a minimum of 6 months and include complimentary gym access.

PACKAGES

Group Classes:

1 for \$15, 4 for \$55, 8 for \$100

Apparatus Classes:

1 for \$30, 4 for \$115, 8 for \$220

Private Classes:

1 for \$65, 4 for \$250, 8 for \$480

Personal Training:

1 for \$55, 4 for \$210, 8 for \$400

Gym/Studio Day Rate: \$15/hr

Spa 1 hr Rental \$35/hr

COMBO Gym & Spa Day Rate: \$50

NOTE: All packages expire after 3 months.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am CARDIO Frankie	6:45am BARRE/SCULPT Frankie	7:30am TABATA Frankie	6:45am BOSU Frankie	8:30am BARRE Frankie	8:00am COMBO Frankie	8:30am SCULPT Erica
8:30am SCULPT Frankie	9:00am BOSU Frankie	8:30am MAT Frankie	9:00am BALL Frankie	9:30am APPARATUS Frankie	9:00am MOBILITY/STRETCH Frankie	9:30am MAT Erica
9:30am APPARATUS Frankie	11:00am APPARATUS Frankie	9:30am MOBILITY/STRETCH Frankie	11:00am APPARATUS Frankie	10:30am APPARATUS Frankie	10:00am APPARATUS Frankie	10:30am YOGA Erica
10:30am APPARATUS Frankie		10:30am APPARATUS Frankie				
4:30pm BOSU Frankie	4:30pm MAT Frankie	4:30pm BARRE Frankie	4:30pm SCULPT Frankie	4:30pm TABATA Frankie		
5:30pm APPARATUS Frankie	5:30pm APPARATUS Frankie	5:30pm APPARATUS Frankie	5:30pm APPARATUS Frankie	5:30pm APPARATUS Frankie		
6:30pm MOBILITY/STRETCH Frankie	6:30pm TABATA Frankie	6:30pm MAT Frankie	6:30pm COMBO Frankie			

Please register online for all classes



Prices and schedules subject to change.

Please give 6 hours notice of cancellation.

Refer a Friend & Get \$10

It's a CORE Thing!!

Class Descriptions

SCULPT – upper & lower body strength training moves using body weight & weights

BOOTCAMP – a series of hardcore exercises reminiscent of the military bootcamps (45 mins)

COMBO – a combination of various other classes combining strength and cardio

TABATA – 20 second intervals of cardio & strength using just body weight(45 min. class)

BARRE – even without a ballet barre or dance experience you can get the muscle tone of a dancer using just your body weight and a chair

MOBILITY/STRETCH – all over body stretch/massage/mobility training that accommodates all levels of flexibility using just a strap, a foam roller and a mat

YOGA – a classic yoga class with flowing standing work followed by floor stretches and a nice relaxation

TREKKING – get your heart pumping in a treadmill/elliptical class, with Interval versions incorporating strength training

PILATES APPARATUS** – a classic Pilates class using Reformers, Cadillacs, Barrels and Chairs for an all over workout & alignment session.

**Please contact us for some privates before entering an apparatus class.

HIIT – High Intensity Interval Training using body weight (45 mins.)

MAT – just you and a mat for all over toning and core work

BALL – a version of mat class using a big and little ball

CARDIO – various cardio exercises using just an exercise mat

BOSU – a core, cardio, balance and strength class using the BOSU Ball

ALL CLASSES ARE 50 MINUTES (unless noted)



Please register for all classes online at: www.BarefootDriggs.com

COVID-19 PRECAUTIONS:

Class sizes are limited to allow for 6 ft. social distancing and masks are mandatory (as per City of Driggs) while in the studio. All surfaces & equipment are sanitized after each class. All classes (not apparatus) are also offered via zoom simultaneously. Gym and studio can be rented for private use. Online coaching available for home workouts.

10% OFF for
TEACHERS

Use code: TEACHER