



Try a class for \$5

USE CODE: **FIRSTCLASS**

New Clients only. Fitness classes only.

Join Barefoot Today!!

- Pilates
- Fitness
- Barre
- Boxing
- TRX
- Core
- Yoga
- Seniors Classes
- Gym
- Café (coming soon)
- Spa (coming soon)
- Massage
- Acupuncture
- Childcare (coming soon)



Frankie Owens

Owner/Operator

Frankie is a veteran fitness instructor and has owned/operated fitness businesses for the past 30 years. Living in 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 Cafe. 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 **561-307-0997**



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 Level 1 trained in Pilates Apparatus, Mat & Small Equipment through PTC.



Leslie Heinemann

Leslie is a certified and licensed massage therapist offering therapeutic massages that will enhance your fitness endeavors at Barefoot.



Natalie Shaw

Natalie is a licensed acupuncturist offering therapeutic treatments including Chinese medicine.

53 Depot Ave, Driggs, ID 83422

Barefoot

Fitness & Pilates



Fitness Classes



Full Service Gym



Pilates Studio

www.BarefootDriggs.com



Barefoot
Fitness & Pilates
208-354-CORE

Class Schedule

Effective February 1st, 2022

info@barefootdriggs.com

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am COMBO Frankie	6:45am BARRE/SCULPT Frankie	6:45am TRX Circuit Frankie	6:45am BOSU/BALL Frankie	6:45am MAT Frankie	8:00am TRX Circuit Frankie	9:00am MAT Erica
7:45am STRETCH (40) Frankie	9:00am COMBO Frankie	7:45am MYO Rolling (40) Frankie	9:00am AEROSCULPT Frankie	7:45am STRETCH (40) Frankie	9:00am STRETCH Frankie	10:00 APPARATUS Erica
8:30am SCULPT Frankie	10:00am APPARATUS Frankie	8:30am MAT Frankie	10:00am APPARATUS Frankie	8:30am BARRE Frankie	10:00am Cardio APP Frankie	
10:30am Beginner APP Frankie	11:30am SENIOR AeroSculpt Frankie	10:30am Beginner APP Frankie	11:30am SENIOR Balance Frankie	10:30am Beginner APP Frankie	<p><i>Please give 6 hours notice of cancellation.</i></p> <p>ALL Fitness Levels Welcome</p> 	
11:30am SENIOR Stretch Frankie		11:30am SENIOR Sculpt Frankie	12:30pm Beginner APP Frankie	11:30am SENIOR Core Frankie		
3:30pm APPARATUS Frankie		3:30pm APPARATUS Frankie	4:30pm BARRE/SCULPT Frankie			
4:30pm BOSU/BALL Frankie	4:30pm MAT Frankie	4:30pm COMBO Frankie	5:30pm YOGA BARRE Ally			
5:30pm Cardio APP Frankie	5:30pm APPARATUS Frankie	5:30pm STRETCH Frankie	5:30pm APPARATUS Frankie			
5:30pm YOGA BARRE Ally	6:30pm BALANCE Frankie	6:30pm APPARATUS Frankie	6:30pm MAT Frankie			

Updated COVID-19 PRECAUTIONS:

All people entering and working out at Barefoot MUST wear a mask at all times while in the studio/gym. All surfaces & equipment are sanitized after each class. All classes (not apparatus) are also offered via zoom simultaneously. We are following the CDC guidelines. Thank you for your cooperation.

MENU of SERVICES

MEMBERSHIPS

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

- Gym \$30/mo
- Group Fitness 8 Class \$100/mo
- Group Fitness Monthly Dozen \$130/mo
- Group Fitness Unlimited \$160/mo
- Apparatus 4 Class \$110/mo
- Apparatus 8 Class \$210/mo
- Apparatus 12 Class \$300/mo
- Combo Class (4 App & 8 Fitness) \$210/mo
- Combo Class (8 App & 8 Fitness) \$300/mo
- Combo Class (12 App & 12Fitness) \$420/mo

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

PACKAGES/DROP INS

- Group: 1 for \$15, 4 for \$55, 8 for \$100
- Apparatus: 1 for \$30, 4 for \$115, 8 for \$220
- Privates: 1 for \$65, 4 for \$250, 8 for \$480

NOTE: All packages expire after 3 months.

MASSAGE & ACUPUNCTURE

By appointment **Starting at \$75**

Class Descriptions

ALL CLASSES ARE 50 MINUTES (unless noted)

- SCULPT** – upper & lower body strength training moves using body weight & weights
- MAT** – just you and a mat for all over toning and core work
- BALL** – a full body toning version of mat class using the big ball
- TRX CIRCUIT** – a fun total body workout using suspension straps with cardio
- 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/MYO** – all over body stretch/massage/mobility training that accommodates all levels of flexibility using just a strap, a foam roller, chair and a mat
- SENIOR Classes** – fun classes offering strength, stretch and core exercises in every class suitable for seniors or those requiring a slower pace
- PILATES APPARATUS**** – a classic Pilates class using Reformers, Cadillacs, Barrels and Chairs for an all over workout & alignment session.
- HIIT** – High Intensity Interval Training using body weight
- BOSU** – a core, cardio, balance and strength class using the BOSU Ball
- TABATA** – 20 second intervals of cardio & strength using just body weight
- STRETCH or YOGA** – class of great stretches and/or meditations

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



Please register for classes at:
www.BarefootDriggs.com

It's a CORE Thing!!

Teachers 10% OFF

