

Get Fit & Strong

with classes like **Sculpt, TRX, Cardio, Combo, Boxing, HIIT & Tabata**

Get Core Strength

with classes like **Mat, Ball, Stretch, Melt, Pilates & Yoga**

We have a little of something for everyone and the best prices in the valley.

FIRST CLASS IS FREE

TEACHING STAFF



Sarah Hoffman is a certified Melt and Pilates teacher with years of experience to help you achieve your goals.

Erica Linnell is a former Ski instructor that has healed her injuries through Pilates and can help you do the same in her classes.

Megan Hefner is a workout junkie that teaches fun fitness classes to help you lose weight and tone up.

BarefootFitnessStudio.com

Barefootdriggs@gmail.com

561-307-0997



Owner, **Frankie Owens** has 30 years' experience in the exercise world. Having owned multiple fitness studios and having run multiple training and certification companies, she is well-equipped to work with all types of clientele from beginners through professional. Frankie specializes in smart exercise techniques that lead to results without injury. She has over 25 different specialty certifications and uses her knowledge and experience in every class she teaches whether it be Pilates, core training, boxing, Yoga or strength. Call/text today to schedule a FREE introductory session with her.



Barefoot

Fitness & Pilates

76 N. Main Street, Driggs, ID 83422

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Barefoot



Fitness & Pilates

Pilates

Fitness

Wellness

FALL 2019



BarefootFitnessStudio.com



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CLASS SCHEDULE

Effective October 6th 2019

BarefootFitnessStudio.com

76 N. Main Street, Driggs.

561-307-0997 TEXT/VM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am-8:30am BOXING Circuit (Megan)	6:30am-7:30am HIIT (Megan)	7:30am-8:30am TABATA (Frankie)	6:30am-7:30am BOOTCAMP (Erica)	7:30am-8:30am TRX CARDIO (Megan)	8:30am-9:30am Winter Conditioning (Frankie)	8:30am-9:30am BOOTCAMP (Erica)
8:30am-9:30am Body SCULPT (Frankie)	7:30am – 8:30am Stretch MAT (Megan)	8:30am-9:30am Core MAT (Frankie)	7:30am – 8:30am Combo MAT (Erica)	8:30am-9:30am BARRE (Frankie)	9:30am-10:30am Power Flex YOGA (Frankie)	9:30am-10:30am Combo MAT (Erica)
9:30am-10:30am APPARATUS (Frankie)	9:00am-10:00am Classic MAT (Frankie)	9:30am-10:30am APPARATUS (Frankie)	9:00am-10:00am Ball MAT (Frankie)	9:30am-10:30am APPARATUS (Frankie)	10:30am-11:30am APPARATUS (Frankie)	
10:30am-11:30am MELT (Sarah)	9:00am-10:00am APPARATUS (Sarah)	10:30am-11:30am APPARATUS (Frankie)	9:00am-10:00am APPARATUS (Sarah)	11:30am-12:30pm APPARATUS (Frankie)	11:30am-12:30pm APPARATUS (Frankie)	
11:30am-12:30pm APPARATUS (Frankie)	10:00 - 11:00am APPARATUS (Frankie)	11:30am-12:30pm Stretch MAT (Frankie)	10:00-11:00am APPARATUS (Frankie)	RED = New Class	<div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Teachers 20% OFF</p> <p>Students 10% OFF</p> <p>Nurses 10% OFF</p> </div>	
	10:00am -11:00am MELT (Sarah)		10:00am -11:00am MELT (Sarah)	Class descriptions are online		
	11:00am-12:00pm APPARATUS (Frankie)		11:00am -12:00pm APPARATUS (Frankie)	Classes & Prices are subject to change		
4:00pm-4:30pm TABATA Xpress (Frankie)	4:00pm-4:30pm TRX CARDIO Xpress (Frankie)	4:00pm-4:30pm BOXING Xpress (Frankie)	4:00pm-4:30pm CARDIO Xpress (Frankie)			
4:30pm-5:30pm Ball MAT (Frankie)	4:30pm-5:30pm BARRE (Frankie)	4:30pm-5:30pm Core MAT (Frankie)	4:30pm-5:30pm Body SCULPT (Frankie)	4:30pm-5:30pm HIIT (Frankie)		
5:30pm-6:30pm APPARATUS (Frankie)	5:30pm-6:30pm Winter Conditioning (Various)	5:30pm-6:30pm Power Flex YOGA (Frankie)	5:30pm-6:30pm Winter Conditioning (Various)		<div style="background-color: yellow; padding: 10px;"> <p>WINTER CONDITIONING a.k.a. "Snow-Lates"</p> <p>8 weeks of fitness classes to condition you for Ski Season</p> <p>1 Class \$15</p> <p>24 Classes \$240 (\$10 each class)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>3 classes a week (24 total)</p> <p>Oct 8th thru Nov 28th</p> </div> <p>Sign up online and pay in the studio www.BarefootFitnessStudio.com</p> </div>	

Mat/Fitness Classes

Drop in \$15
8 Punch Card \$80 (\$10)
12 Class Monthly \$100 (\$8.30)
Unlimited Monthly \$175

Apparatus Classes

Drop in \$25
8 Punch Card \$180 (\$22.50)
12 Class Monthly \$225 (\$18.75)

Private Classes

Drop in \$65
8 Punch Card \$480 (\$60)
Semi Private (2-3 people) \$40 each

Teachers 20% OFF

Students 10% OFF

Nurses 10% OFF



WINTER CONDITIONING a.k.a. "Snow-Lates"

8 weeks of fitness classes to condition you for Ski Season

1 Class \$15

24 Classes \$240 (\$10 each class)

3 classes a week (24 total)

Oct 8th thru Nov 28th

Sign up online and pay in the studio www.BarefootFitnessStudio.com



REGISTER FOR CLASSES ONLINE