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

Barefootdriggs@gmail.com
561 - 307 - 0997

Barefoot Fitness & Pilates
Pilates
Fitness
Wellness
WINTER 2019
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>7:30am-8:30am</td>
<td>BOXING Circuit (Megan)</td>
<td>7:30am-8:30am</td>
<td>6:00am – 7:00am COMBO (Megan)</td>
<td>7:30am-8:30am TRX CARDIO (Megan)</td>
<td>8:30am-9:30am COMBO (Frankie)</td>
<td>8:30am-9:30am BOOTCAMP (Erica)</td>
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<td>8:30am-9:30am</td>
<td>Body SCULPT (Frankie)</td>
<td>7:00am-8:00am</td>
<td>7:00am – 8:00am Combo MAT (Erica)</td>
<td>8:30am-9:30am BARRE (Frankie)</td>
<td>9:30am-10:30am Power Flex YOGA (Erica)</td>
<td>9:30am-10:30am Combo MAT (Erica)</td>
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<td>9:30am-10:30am</td>
<td>APPARATUS (Frankie)</td>
<td>9:30am-10:30am Stretch MAT (Frankie)</td>
<td>8:00am – 9:00am BOOTCAMP (Erica)</td>
<td>9:30am-10:30am APPARATUS (Frankie)</td>
<td>10:30am-11:30am APPARATUS (Frankie)</td>
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<tr>
<td>10:30am-11:30am</td>
<td>APPARATUS (Frankie)</td>
<td>10:30am-11:30am Classic MAT (Sarah)</td>
<td>9:00am-10:00am Ball MAT (Frankie)</td>
<td>10:30am-11:30am APPARATUS (Frankie)</td>
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<td>11:30am-12:30pm APPARATUS (Frankie)</td>
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<td>11:30am-12:30pm</td>
<td>APPARATUS (Sarah)</td>
<td>9:00am-10:00am APPARATUS (Franke)</td>
<td>9:00am-10:00am APPARATUS (Sarah)</td>
<td>11:30am-12:30pm APPARATUS (Frankie)</td>
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<td></td>
<td>10:00-11:00am APPARATUS (Frankie)</td>
<td>10:00-11:00am APPARATUS (Frankie)</td>
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<td>Class descriptions are online</td>
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<td>RED = NEW CLASS</td>
<td>11:00am - 12:00pm APPARATUS (Frankie)</td>
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<td>Classes &amp; Prices are subject to change</td>
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<td>4:00pm-4:30pm</td>
<td>TABATA Xpress (Frankie)</td>
<td>4:00pm-4:30pm BOXING Xpress (Frankie)</td>
<td>4:00pm-4:30pm CARDIO Xpress (Frankie)</td>
<td>4:00pm-5:00pm HIIT (Franke)</td>
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<td>4:30pm-5:30pm</td>
<td>Ball MAT (Frankie)</td>
<td>4:30pm-5:30pm Core MAT (Frankie)</td>
<td>4:30pm-5:30pm Body SCULPT (Frankie)</td>
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<td>5:30pm-6:30pm</td>
<td>APPARATUS (Frankie)</td>
<td>5:30pm-6:30pm Power Flex YOGA (Frankie)</td>
<td>5:30pm-6:30pm APPARATUS (Frankie)</td>
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**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 $240 ($20)

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

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**Teachers**
- 20% OFF

**Students**
- 10% OFF

**Nurses**
- 10% OFF