

Get Fit & Strong

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

Get Core Strength

with classes like **Mat, Ball, Pilates & Yoga.**

Reduce Pain

with classes like **Melt & Pilates.**

*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.

Call/text to schedule an introductory session with her **307-690-9780.**



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

BarefootFitnessStudio.com

Barefootdriggs@gmail.com

561-307-0997

Barefoot



Fitness & Pilates

Pilates Fitness

Wellness

Full Service Exercise Studio offering

Group Classes & Private Lessons

for all ages and fitness levels

FIRST CLASS IS FREE



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CLASS SCHEDULE

Effective March 4th 2019

BarefootFitnessStudio.com

76 N. Main Street, Driggs.

561-307-0997 TEXT/VM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am-8:30am BOXING Circuit (Frankie)	8:00am-9:00am MELT (Sarah)	8:00am-8:30am TABATA (Frankie)	8:00am-9:00am MAT (Sarah)	8:00am-8:30am TRX CARDIO (Frankie)	8:00am-8:30am BOXING Circuit (Frankie)
8:30am-9:30am SCULPT (Frankie)	9:00am-10:00am BALL (Frankie)	8:30am-9:30am MAT (Frankie)	9:00am-10:00am BOOTCAMP (Frankie)	8:30am-9:30am BARRE (Frankie)	8:30am-9:30am COMBO (Frankie)
9:30am-10:30am APPARATUS (Frankie)	9:00am-10:00am APPARATUS (Sarah)	10:30am-11:30am APPARATUS (Sarah)	9:00am-10:00am APPARATUS (Sarah)	9:30am-10:30am APPARATUS (Frankie)	9:30am-10:30am YOGA (Frankie)
10:30am-11:30am MELT (Sarah)	10:00 - 11:00am APPARATUS (Frankie)	11:30am-12:30pm MELT (Sarah)	10:00-11:00am APPARATUS (Frankie)	11:30am-12:30pm APPARATUS (Frankie)	10:30am-11:30am APPARATUS (Frankie)
11:30am-12:30pm APPARATUS (Frankie)	10:00am -11:00am MELT (Sarah)		10:00am -11:00am MELT (Sarah)		
	11:00am-12:00pm APPARATUS (Frankie)		11:00am-12:00pm APPARATUS (Frankie)	Class descriptions can be found online Classes and Prices are subject to change	
	4:00pm-4:30pm TRX CARDIO (Frankie)	4:00pm-4:30pm BOXING Circuit (Frankie)	4:00pm-4:30pm CARDIO (Frankie)		
4:00pm-5:00pm COMBO (Frankie)	4:30pm-5:30pm BARRE (Frankie)	4:30pm-5:30pm MAT (Frankie)	4:30pm-5:30pm SCULPT (Frankie)	4:00pm-5:00pm BOOTCAMP (Frankie)	
	5:30pm-6:30pm APPARATUS (Frankie)		5:30pm-6:30pm APPARATUS (Frankie)		

Teachers
20% OFF

Students
10% OFF

Nurses
10% OFF

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)
Unlimited Monthly \$395

Private Classes
Drop in \$65
8 Punch Card \$480 (\$60)
12 Class Monthly \$650 (\$54)
Semi Private (2-3 people) \$40 each

REGISTER FOR CLASSES ONLINE



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