### 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.

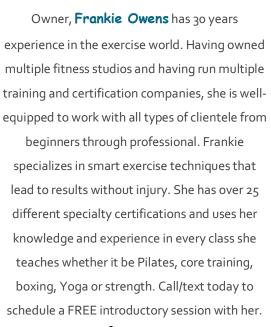
#### **FIRST CLASS IS FREE**

#### **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.





**Fitness & Pilates** 

76 N. Main Street, Driggs, ID 83422

BarefootFitnessStudio.com

Barefootdriggs@gmail.com

561-307-0997



### Pilates Fitness Wellness

Full Service Exercise Studio offering Group Classes & Private Lessons for all ages and fitness levels

#### **FIRST CLASS IS FREE**



BarefootFitnessStudio.com



# CLASS SCHEDULE

Fitness & Pilates

Effective March 4<sup>th</sup> 2019

### BarefootFitnessStudio.com

76 N. Main Street, Driggs.

#### 561-307-0997 TEXT/VM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Mat/Fitness Classes
8:00am-8:30am	8:00am-9:00am	8:00am-8:30am	8:00am-9:00am	8:00am-8:30am	8:00am-8:30am	Drop in \$15
BOXING Circuit (Frankie)	MELT (Sarah)	TABATA (Frankie)	<b>MAT</b> (Sarah)	TRX CARDIO (Frankie)	BOXING Circuit (Frankie)	
8:30am-9:30am	9:00am-10:00am	8:30am-9:30am	9:00am-10:00am	8:30am-9:30am	8:30am-9:30am	8 Punch Card \$80 (\$10)
SCULPT (Frankie)	BALL (Frankie)	MAT (Frankie)	BOOTCAMP (Frankie)	BARRE (Frankie)	COMBO (Frankie)	12 Class Monthly \$100 (\$8.30)
9:30am-10:30am	9:00am-10:00am	10:30am-11:30am	9:00am-10:00am	9:30am-10:30am	9:30am-10:30am	
APPARATUS (Frankie)	APPARATUS (Sarah)	APPARATUS (Sarah)	APPARATUS (Sarah)	APPARATUS (Frankie)	YOGA (Frankie)	Unlimited Monthly \$175
10:30am-11:30am	10:00 -11:00am	11:30am-12:30pm	10:00-11:00am	11:30am-12:30pm	10:30am-11:30am	
MELT (Sarah)	APPARATUS (Frankie)	MELT (Sarah)	APPARATUS (Frankie)	APPARATUS (Frankie)	APPARATUS (Frankie)	Apparatus Classes
11:30am-12:30pm	10:00am -11:00am		10:00am -11:00am			
APPARATUS (Frankie)	MELT (Sarah)		MELT (Sarah)			Drop in \$25
	11:00am-12:00pm		11:00am-12:00pm	Class descriptions		
	APPARATUS (Frankie)		APPARATUS (Frankie)	can be found online	Teachers	8 Punch Card \$180 (\$22.50)
				Classes and Prices	200/ 055	12 Class Monthly \$225 (\$18.75)
				are subject to	20% OFF	Unlimited Monthly \$20E
				change	Ctudente	Unlimited Monthly \$395
					Students	
					10% OFF	Private Classes
	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm		10/6 011	
	TRX CARDIO (Frankie)	BOXING Circuit (Frankie)	CARDIO (Frankie)		Nurses	Drop in \$65
4:00pm-5:00pm	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm	4:00pm-5:00pm	Roises	8 Punch Card \$480 (\$60)
COMBO (Frankie)	BARRE (Frankie)	MAT (Frankie)	SCULPT (Frankie)	BOOTCAMP(Frankie)	10% OFF	
	5:30pm-6:30pm		5:30pm-6:30pm		20/0 011	12 Class Monthly \$650 (\$54)
	APPARATUS (Frankie)		APPARATUS (Frankie)			Semi Private (2-3 people) \$40 each







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