|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 6:45am  **COMBO** Frankie | 6:45am  **BARRE**  Frankie | 6:45am  **TRX Circuit**  Frankie | 6:45am  **SCULPT**  Frankie | 6:45am  **MAT**  Frankie | 8:00am  **SKI FIT**  Frankie |  |
| 8:30am  **SCULPT** Frankie | 9:00am **BALL/BOSU**  Frankie | 8:30am  **MAT**  Frankie | 9:00am **COMBO**  Frankie | 8:30am  **BARRE**  Frankie | 9:00am  **STRETCH**  Frankie | 8:30am  **MAT**  **Erica** |
| 11:30am  **SENIOR Sculpt**  Frankie | 11:30am  **SENIOR AeroBarre** Frankie | 11:30am  **SENIOR Core**  Frankie | 11:30am  **SENIOR Balance**  Frankie | 11:30am  **SENIOR Stretch**  Frankie |  |  |
|  | 4:30pm  **MAT**  Frankie | 4:30pm  **BALL/BOSU**  Frankie | 4:30pm  **BARRE/SCULPT**  Frankie |  |  |  |
| 4:30pm  **COMBO**  Frankie | 5:30pm  **JAZZERCISE**  Various | 5:30pm  **STRETCH**  Frankie | 5:30pm  **JAZZERCISE**  Various |  | **ALL FITNESS LEVELS WELCOME** Book classes online at **Barefootdriggs.com** up to 2 hours prior to start time. Cancellations allowed up to 6 hours before class. Class minimum 3 and maximum 20 |  |
| 6:30pm  **JAZZERCISE**  Various | 6:30pm  **SKI FIT**  Frankie | 6:30pm  **JAZZERCISE**  Various | 6:30pm  **SKI FIT**  Frankie |  |  |  |
|  |  |  |  |  | ***NOTE: Jazzercise classes require a separate purchase*** |  |

FALL 2022

**Group Fitness Classes**

**Apparatus Classes**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 10:30am **Beginner** **APP**  Frankie | 10:00am  **APPARATUS**  Frankie | 10:30am  **Beginner APP**  Frankie | 10:00am  **APPARATUS**  Frankie | 10:30am  **Beginner** **APP**  Frankie | 11:00am  **APPARATUS**  Frankie | 9:30am **APPARATUS**  Erica |
|  |  | 12:30pm  **Senior APPARATUS** Frankie |  |  |  |  |
| 3:30pm **APPARATUS** Frankie | 5:30pm  **APPARATUS** Frankie | 3:30pm **APPARATUS** Frankie | 5:30pm  **APPARATUS**  Frankie |  | **EXPERIENCE REQUIRED** Book classes online at **Barefootdriggs.com** up to 2 hours prior to start time. Cancellations allowed up to 6 hours before class. Class minimum 1 and maximum 3 |  |
| 5:30pm  **Beginner APP** Frankie |  | 6:30pm  **Beginner APP** Frankie |  |  |  |  |
|  |  |  |  |  |  |  |



[**www.BarefootDriggs.com**](http://www.BarefootDriggs.com)

53 Depot St, Driggs (next to The Wolf)

**MONTHLY MEMBERSHIPS PACKAGES/DROP INS**

***(add $10/month if purchasing less than 6 mo)* Group:** 1 for **$15**, 4 for **$55**, 8 for **$100**

**Gym** **$30**/mo **Apparatus:** 1 for **$30**, 4 for **$115**, 8 for **$220**

**Group Fitness** 8 Class **$90**/mo **Privates:** 1 for **$75**, 4 for **$280** ($70), 8 for **$520** ($65) **Group Fitness** 12 Class **$130**/mo **Duets:** 1 for **$85**, 4 for **$320** ($80), 8 for **$600** ($75) **Group Fitness** Unlimited **$160**/mo **NOTE:** *All packages expire after 3 months* **Apparatus** 4 Class **$110**/mo **MASSAGE & ACUPUNCTURE Apparatus** 8 Class **$210**/mo By appointment starting at **$75**

**Apparatus** 12 Class **$300**/mo **SPA Combo Class** (4 App & 8 Fitness) **$210/**mo **Day Pass** **$40**/day **Combo Class** (8 App & 8 Fitness) **$300/**mo **Unlimited Pass** **$99**/mo **Combo Class** (12 App & 12Fitness) **$420/**mo **Add-On Pass** **$50**/mo(for existing members)

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

**Call to schedule an introductory private ($35) if you don’t have experience with Pilates Apparatus group classes**