

CLASS SCHEDULE

November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45am BARRE Frankie	7:00am TABATA Frankie	6:45am SCULPT Frankie	7:00am TRX Circuit Frankie	6:45am MAT Frankie	7:30am APPARATUS Frankie
8:30am SCULPT Frankie	9:30am BALL Frankie	8:30am MAT Frankie	9:30am COMBO Frankie	8:30am BARRE Frankie	8:30am COMBO Frankie
10:30am Beginner APP Frankie	10:30am APPARATUS Frankie	10:30am Beginner APP Frankie	10:30am APPARATUS Frankie	10:30am Beginner APP Frankie	9:30am STRETCH Frankie
11:30am SENIOR Sculpt Frankie	11:30am SENIOR Balance Frankie	11:30am SENIOR Core Frankie	11:30am SENIOR Combo Frankie	11:30am SENIOR Stretch Frankie	10:30am APPARATUS Frankie
3:30pm APPARATUS Frankie			3:30pm APPARATUS Frankie		
4:30pm COMBO Frankie	4:30pm MAT Frankie	4:30pm BALL Frankie	4:30pm BARRE Frankie		
5:30pm MAT Frankie	5:30pm APPARATUS Frankie	5:30pm STRETCH Frankie	5:30pm APPARATUS Frankie		
6:30pm Beginner APP Frankie	6:30pm TRX Circuit Frankie	6:30pm Beginner APP Frankie	6:30pm MAT Frankie		

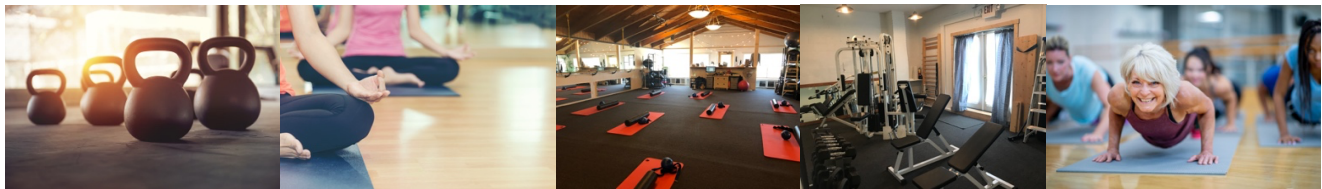
ALL FITNESS LEVELS WELCOME

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.

ALL SALES ARE FINAL

NOTE: If you do not have Pilates Apparatus experience, please schedule an introductory Private session (\$40) with Frankie BEFORE registering for classes 561-307-0997

www.BarefootDriggs.com



PRICING 2023

<p>MEMBERSHIPS (good for 6 months) <i>(add \$10/month if purchasing less than 6 mo)</i></p> <p>Gym (24/7 access) \$35/mo</p> <p>Group Fitness 4 Class \$55/mo</p> <p>Group Fitness 8 Class \$110/mo</p> <p>Group Fitness 12 Class \$150/mo</p> <p>Group Fitness Unlimited \$190/mo</p> <p>Apparatus 4 Class \$130/mo</p> <p>Apparatus 8 Class \$250/mo</p> <p>Apparatus 12 Class \$360/mo</p> <p>Spa Unlimited (24/7 access) \$160/mo</p> <p>Spa Add-On (for existing members) \$80/mo</p> <p>NOTE: All memberships are for a minimum of 6 months and include complimentary gym access.</p>	<p>GIFT CERTIFICATES Available upon request for any amount or service</p>	<p>PACKAGES & DROP INS (packages have a 3 month expiration)</p> <p>Group Fitness: 1 class \$18, 4 class \$65 (\$16.25), 8 class \$120 (\$15)</p> <p>Apparatus: 1 class \$40, 4 class \$150 (\$37.50), 8 class \$280 (\$35)</p> <p>Privates: 1 class \$85, 4 class \$320 (\$80), 8 class \$600 (\$75)</p> <p>Duets: 1 class \$95, 4 class \$360 (\$90), 8 class \$680 (\$85)</p> <p>SPA Day Pass \$40/day</p> <p>GYM Day Pass \$15/day</p> <p>NOTE: All packages expire after 3 months</p> <p>TEACHERS get 12% OFF all classes USE Code "TEACHER12" at checkout</p>	<p>Corporate and Family discounts available for SPA and GYM (3+ from the same business OR 2+ from the same family)</p>
<p>ACUPUNCTURE Starting at \$80</p> <p>PHYSICAL THERAPY Starting at \$150</p> <p>MASSAGE THERAPY Starting at \$85</p> <p><i>Check website for practitioner contact details</i></p>		<p>By appointment only</p>	

53 Depot Rd, Driggs