





Make Your Schedule Awesome

The John Garey Fitness & Pilates off-peak class schedule, features 43 classes per week.

Scheduling a class is easy via our iPhone/iPad app, online or by contacting our Front Desk Team today! See our Rate Sheet and consult with our front desk to find the membership or package option that is right for you.

Express classes are 25 minutes.
All other classes are 50 minutes.

*Reformer classes have prerequisites. Please contact the Front Desk for details.

	GROUP FITNESS
	TOTAL BARRE / PILATES MAT / STRETCH
	PILATES REFORMER
	CYCLE

Please notify the front desk or your instructor prior to class if you have any changes to your medical condition (i.e. pregnancy, new injury, recent surgery, etc).

OFF PEAK MEMBERSHIP

\$79 / Month (12 month membership)

For more details, visit the Pricing & Policies page on our website at johngareyfitness.com.

Contact Us

6547 Pacific Coast Hwy
Long Beach CA 90803
562.598.8585
www.johngareyfitness.com

Introductory Offers!

\$59 2 Week UNLIMITED CLASS Trial Membership

\$75 3 "Express" PRIVATE TRAINING Sessions

Subject to availability. Some restrictions apply.
Please ask the Front Desk for details.

Off-Peak Class Schedule - Winter / Spring 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING				
11:00AM	10:30AM	11:00AM	10:30AM	11:00AM
L.I.F.T.	REFORMER PURE	L.I.F.T.	REFORMER PURE	L.I.F.T.
	11:30AM		11:30AM	
	EXPRESS TRAMPOLINE		EXPRESS TRAMPOLINE	
AFTERNOON				
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
EXPRESS STRENGTH	EXPRESS TRX	EXPRESS STRENGTH	EXPRESS TRX	REFORMER +
REFORMER PURE	JUMPBOARD+	REFORMER +	JUMPBOARD +	
12:30PM	12:30PM	12:30PM	12:30PM	
EXPRESS CYCLE	EXPRESS ROW CIRCUIT	EXPRESS CYCLE	EXPRESS ROW CIRCUIT	
4:00PM	4:00PM	4:00PM	4:00PM	
EXPRESS CARDIO HIIT	EXPRESS TRX	EXPRESS CARDIO HIIT	EXPRESS TRX	
4:30PM	4:30PM	4:30PM	4:30PM	4:30PM
EXPRESS STRETCH / CORE	EXPRESS CYCLE	EXPRESS STRETCH / CORE	EXPRESS CYCLE	EXPRESS STEP
EVENING				
7:00PM	7:30PM	7:00PM	7:30PM	5:00PM
CYCLE / CORE	STEP / STRENGTH	CYCLE / CORE	STEP / STRENGTH	EXPRESS STRENGTH
TRX +	REFORMER PURE	TRX +	REFORMER +	5:30PM
REFORMER +		REFORMER AC		EXPRESS CYCLE
				REFORMER +
				6:00PM
				EXPRESS TRX

Be Awesome In Class!

Our simple class etiquette rules will help ensure that you and everyone else will have an amazing class experience.

Say Hello

Grab your check-in card and get a smile.



TicToc

10 minutes late, turn into a pumpkin.



Un-Scented

Save the perfume and cologne for date night.



Airplane Mode

Please disconnect to connect in class.



Shh...

Yell. Groan. Laugh. Just don't chat.



Keep it Clean

The next class thanks you for wiping your equipment.



Cancellation Policy:

We have a 12-hour cancellation policy for all appointments and scheduled classes; late cancellations result in a \$10 charge for members, or in the forfeiture of the session for class packages. No shows will result in a \$15 fee for members. Class reservations are not required.



John Garey
Fitness & Pilates