

Make Your Schedule Awesome

The John Garey Fitness & Pilates class schedule, features 157 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.

Classes are 50 minutes.
Express classes are 25 minutes.

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

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

Memberships

GROUP FITNESS				
PILATES				
TOTAL				

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.

AM Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	5:30AM	6:00AM	5:30AM	6:00AM	7:00AM	8:00AM
CYCLE	EXPRESS CARDIO HIIT	CYCLE / CORE	EXPRESS CARDIO HIIT	CYCLE	CARDIO CIRCUIT	CARDIO CIRCUIT
CIRCUIT PARTY	6:00AM	STEP / STRENGTH	6:00AM	CARDIO CIRCUIT	TOTAL BARRE™	REFORMER +
REFORMER +	CYCLE / CORE	JUMPCARD +	CYCLE / CORE	REFORMER +	REFORMER +	9:00AM
8:00AM	JG X-TRAIN	8:00AM	JG X-TRAIN	7:00AM	8:00AM	CYCLE
CYCLE / CORE	REFORMER +	CYCLE / CORE	REFORMER AC	REFORMER AC	CYCLE	JG X-TRAIN
STRENGTH	8:30AM	STRENGTH	7:00AM	7:30AM	STRENGTH	REFORMER AC
PILATES MAT AC	CYCLE / CORE	PILATES MAT AC	TOTAL BARRE™	EXPRESS STEP	REFORMER +	10:00AM
REFORMER AC	CARDIO CIRCUIT	REFORMER +	8:30AM	8:00AM	9:00AM	CYCLE / CORE
9:00AM	REFORMER +	9:00AM	CYCLE / CORE	CYCLE	CYCLE / CORE	TRX +
EXPRESS CYCLE	9:30AM	EXPRESS CYCLE	TRAMPOLINE HIIT	STRENGTH	TRX +	PILATES MAT AC
EXPRESS ROW CIRCUIT	CYCLE / CORE	EXPRESS ROW CIRCUIT	REFORMER +	REFORMER +	PILATES MAT AC	REFORMER +
TOTAL BARRE™	JG X-TRAIN	TOTAL BARRE™	9:30AM	9:00AM	REFORMER AC	11:00AM
REFORMER +	TOTAL BARRE™	REFORMER +	CYCLE / CORE	CYCLE / CORE	10:00AM	REFORMER ORIENTATION
9:30AM	REFORMER +	9:30AM	JG X-TRAIN	ROW CIRCUIT	CYCLE	
EXPRESS TRAMPOLINE	10:30AM	EXPRESS TRAMPOLINE	TOTAL BARRE™	PILATES MAT AC	TRAMPOLINE	
10:00AM	REFORMER PURE	10:00AM	REFORMER AC	REFORMER AC	REFORMER PURE	
TRX +	11:30AM	TRX +	10:30AM	10:00AM	11:00AM	
REFORMER +	EXPRESS TRAMPOLINE	REFORMER AC	REFORMER PURE	STEP / STRENGTH	JG X-TRAIN	
11:00AM		11:00AM	11:30AM	11:00AM	REFORMER +	
L.I.F.T.		L.I.F.T.	EXPRESS TRAMPOLINE	L.I.F.T.		



John Garey
Fitness & Pilates

PM Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
EXPRESS STRENGTH	EXPRESS TRX	EXPRESS STRENGTH	EXPRESS TRX	REFORMER +
REFORMER PURE	JUMPBOARD+	REFORMER +	JUMPBOARD +	4:30PM
12:30PM	12:30PM	12:30PM	12:30PM	EXPRESS STEP
EXPRESS CYCLE	EXPRESS ROW CIRCUIT	EXPRESS CYCLE	EXPRESS ROW CIRCUIT	5:00PM
4:00PM	4:00PM	4:00PM	4:00PM	EXPRESS STRENGTH
EXPRESS TRAMPOLINE HIIT	EXPRESS TRX	EXPRESS TRAMPOLINE HIIT	EXPRESS TRX	5:30PM
4:30PM	4:30PM	4:30PM	4:30PM	EXPRESS CYCLE
EXPRESS STRETCH	EXPRESS CYCLE	EXPRESS STRETCH	EXPRESS CYCLE	REFORMER +
5:00PM	5:00PM	5:00PM	5:00PM	6:00PM
CYCLE / CORE	EXPRESS STRETCH	CYCLE / CORE	EXPRESS STRETCH	EXPRESS TRX
CIRCUIT PARTY	5:30PM	CIRCUIT PARTY	5:30PM	
JUMPBOARD +	CYCLE / CORE	REFORMER AC	CYCLE / CORE	
6:00PM	STRENGTH	6:00PM	STRENGTH	
CYCLE / CORE	REFORMER AC	CYCLE / CORE	JUMPBOARD +	
JG X-TRAIN	6:30PM	STEP / STRENGTH	6:30PM	
TOTAL BARRE™	CYCLE / CORE	REFORMER +	CYCLE / CORE	
REFORMER AC	JG X-TRAIN	7:00PM	JG X-TRAIN	
7:00PM	REFORMER +	TRX +	REFORMER +	
TRX +	7:30PM	REFORMER AC	7:30PM	
REFORMER +	STEP / STRENGTH		STEP / STRENGTH	
	REFORMER PURE		REFORMER +	

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.

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).

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

Winter / Spring 2017 Class Schedule

