

## Make Your Schedule Awesome

The John Garey Fitness & Pilates off-peak class schedule, features 35 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 - Summer 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>				
11:00AM	10:30AM	11:00AM	10:30AM	11:00AM
L.I.F.T. Jeremy	REFORMER PURE Susan	L.I.F.T. Karla	REFORMER PURE Susan	L.I.F.T. Karla
	11:30AM		11:30AM	
	EXP TRAMPOLINE CIRCUIT Jeremy		EXP TRAMPOLINE CIRCUIT Jeremy	
<b>AFTERNOON</b>				
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
EXPRESS CYCLE Jeremy	EXPRESS TRX Jeremy	EXPRESS CYCLE Jeremy	EXPRESS TRX Jeremy	REFORMER + Susan
REFORMER PURE Susan	JUMPBOARD+ Jamie	REFORMER + Susan	JUMPBOARD + Claudia	
12:30PM	4:00PM	12:30PM	4:00PM	
EXPRESS STRENGTH Jeremy	EXPRESS TRX Jeremy	EXPRESS STRENGTH Jeremy	EXPRESS TRX Jessi	
	4:30PM		4:30PM	
	EXPRESS CYCLE Jeremy		EXPRESS CYCLE Jessi	
<b>EVENING</b>				
7:00PM	6:30PM	7:00PM	6:30PM	5:00PM
REFORMER + Allison	CYCLE / CORE Sarah S.	ADVANCED REFORMER Danielle	CYCLE Morgan	EXPRESS STRENGTH Jeremy
	JG X-Train Jessi		JG X-Train Jeremy	5:30PM
	REFORMER PURE Angela		PILATES CIRCUIT Angela	EXPRESS CYCLE Jeremy
	7:30PM		7:30PM	6:00PM
	REFORMER + Sarah S.		REFORMER AC Angela	REFORMER + Jeremy

## 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