

## Make Your Schedule Awesome

The John Garey Fitness & Pilates class schedule, features 134 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.  
Cycle Classes are 45 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!

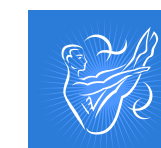
**\$59** 2 Week UNLIMITED CLASS Trial Membership

**\$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	5:00AM	6:00AM	5:00AM	6:00AM	7:00AM	8:00AM
<b>CYCLE</b> Adam	<b>CARDIO HIIT</b> Jeremy	<b>CYCLE</b> Sarah B.	<b>CARDIO HIIT</b> Jeremy	<b>CYCLE</b> Adam	<b>CARDIO CIRCUIT</b> Jeremy	<b>CARDIO CIRCUIT</b> Chase
<b>CIRCUIT PARTY</b> Jeremy	6:00AM	<b>STEP / STRENGTH</b> Kelly	6:00AM	<b>CARDIO CIRCUIT</b> Chase	<b>TOTAL BARRE™</b> Claudia	<b>REFORMER +</b> Allison
<b>REFORMER +</b> Danielle	<b>CYCLE</b> Jeremy	<b>JUMPCARD +</b> Claudia	<b>CYCLE</b> Jeremy	<b>REFORMER +</b> Jeremy	<b>REFORMER +</b> Sarah S.	9:00AM
8:00AM	<b>JG X-TRAIN</b> Chase	8:00AM	<b>JG X-TRAIN</b> Chase	7:00AM	8:00AM	<b>CYCLE</b> Adam
<b>CYCLE / CORE</b> Sarah B.	<b>REFORMER +</b> Claudia	<b>CYCLE / CORE</b> Jessi	<b>REFORMER AC</b> Claudia	<b>REFORMER AC</b> Danielle	<b>CYCLE</b> Sarah S.	<b>JG X-TRAIN</b> Chase
<b>STRENGTH</b> Kelly	8:30AM	<b>STRENGTH</b> Kelly	7:00AM	8:00AM	<b>STRENGTH</b> Chase	<b>PILATES MAT AC</b> Angela
<b>REFORMER AC</b> Danielle	<b>CYCLE</b> Adam	<b>REFORMER +</b> Danielle	<b>TOTAL BARRE™</b> Kelly	<b>CYCLE</b> Kelly	<b>REFORMER +</b> Danielle	<b>REFORMER AC</b> Allison
9:00AM	<b>CARDIO CIRCUIT</b> Chase	9:00AM	8:30AM	<b>STRENGTH</b> Chase	9:00AM	10:00AM
<b>EXPRESS CYCLE</b> Sarah B.	<b>REFORMER +</b> Jamie	<b>EXPRESS CYCLE</b> Sarah B.	<b>CYCLE</b> Chase	<b>REFORMER +</b> Allison	<b>CYCLE / CORE</b> John	<b>CYCLE</b> Morgan
<b>TOTAL BARRE™</b> Kelly	9:30AM	<b>TOTAL BARRE™</b> Kelly	<b>TRAMPOLINE CIRCUIT</b> Kelly	9:00AM	<b>TRX +</b> Sarah S.	<b>TRX +</b> Chase
<b>REFORMER +</b> Heather	<b>JG X-TRAIN</b> Jamie	<b>REFORMER +</b> Heather	<b>REFORMER +</b> Claudia	<b>EXPRESS CYCLE</b> Sarah B.	<b>PILATES MAT AC</b> Allison	<b>REFORMER +</b> Angela
9:30AM	<b>TOTAL BARRE™</b> Claudia	9:30AM	9:30AM	<b>PILATES MAT AC</b> Allison	<b>REFORMER AC</b> Danielle	11:00AM
<b>EXPRESS TRAMPOLINE</b> Sarah B.	<b>REFORMER +</b> Heather	<b>EXPRESS TRAMPOLINE</b> Sarah B.	<b>JG X-TRAIN</b> Kelly	<b>REFORMER AC</b> Danielle	10:00AM	<b>REFORMER ORIENTATION</b> Angela
10:00AM	10:30AM	10:00AM	<b>TOTAL BARRE™</b> Claudia	9:30AM	<b>CYCLE</b> Chase	
<b>TRX +</b> Sarah B.	<b>REFORMER PURE</b> Susan	<b>TRX +</b> Sarah B.	<b>REFORMER AC</b> Jamie	<b>EXPRESS TRAMPOLINE</b> Sarah B.	<b>TRAMPOLINE CIRCUIT</b> Jeremy	
<b>REFORMER +</b> Danielle	11:30AM	<b>REFORMER AC</b> Danielle	10:30AM	10:00AM	<b>REFORMER PURE</b> Allison	
11:00AM	<b>EXP TRAMPOLINE CIRCUIT</b> Jeremy	11:00AM	<b>REFORMER PURE</b> Susan	<b>TRX +</b> Sarah B.	11:00AM	
<b>L.I.F.T.</b> Jeremy		<b>L.I.F.T.</b> Karla	11:30AM	11:00AM	<b>JG X-TRAIN</b> Chase	
			<b>EXP TRAMPOLINE CIRCUIT</b> Jeremy	<b>L.I.F.T.</b> Karla	<b>REFORMER +</b> Allison	



**John Garey**  
Fitness & Pilates



# PM Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	JUMPCARD+ Jamie	REFORMER + Susan	JUMPCARD + Claudia	5:00PM
12:30PM	4:00PM	12:30PM	4:00PM	EXPRESS STRENGTH Jeremy
EXPRESS STRENGTH Jeremy	EXPRESS TRX Jeremy	EXPRESS STRENGTH Jeremy	EXPRESS TRX Jessi	5:30PM
5:00PM	4:30PM	5:00PM	4:30PM	EXPRESS CYCLE Jeremy
CYCLE / CORE John	EXPRESS CYCLE Jeremy	CYCLE / CORE John	EXPRESS CYCLE Jessi	6:00PM
CIRCUIT PARTY Kelly	5:00PM	CIRCUIT PARTY Kelly	5:00PM	REFORMER + Jeremy
6:00PM	EXPRESS STRETCH Jessi	REFORMER AC Danielle	EXPRESS STRETCH Jessi	
TRAMPOLINE Kelly	5:30PM	6:00PM	5:30PM	
TOTAL BARRE™ Heather	STRENGTH Jessi	STEP / STRENGTH Kelly	STRENGTH Jeremy	
ADVANCED REFORMER Danielle	PILATES MAT AC Angela	REFORMER + Debbi	JUMPCARD + Jessi	
7:00PM	REFORMER AC John	7:00PM	6:30PM	
REFORMER + Allison	6:30PM	ADVANCED REFORMER Danielle	CYCLE Morgan	
	CYCLE / CORE Sarah S.		JG X-TRAIN Jeremy	
	JG X-TRAIN Jessi		PILATES CIRCUIT Angela	
	REFORMER PURE Angela		7:30PM	
	7:30PM		REFORMER AC Angela	
	REFORMER + Sarah S.			

## 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](http://johngareyfitness.com).

# Summer 2017 Class Schedule

