




## Make Your Schedule Awesome

The John Garey Fitness & Pilates class schedule, features 107 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
	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!

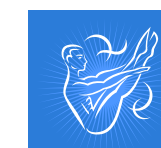
**\$59 2 Week UNLIMITED CLASS Trial Membership**

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



**John Garey**  
Fitness & Pilates

# PM Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
REFORMER PURE Susan	EXPRESS TRX Sarah B.	REFORMER + Susan	EXPRESS TRX Sarah B.	REFORMER + Susan
5:00PM	JUMPCARD+ Jamie	5:00PM	JUMPCARD + Claudia	6:00PM
CYCLE Jeremy	4:00PM	CYCLE Vanessa	4:00PM	REFORMER + Jeremy
JG X-TRAIN John	EXPRESS TRX Jeremy	JG X-TRAIN John	EXPRESS TRX Jessi	
6:00PM	4:30PM	REFORMER AC Danielle	4:30PM	
TRAMPOLINE John	EXPRESS CYCLE Jeremy	6:00PM	EXPRESS CYCLE Jessi	
ADVANCED REFORMER Danielle	5:00PM	CARDIO CIRCUIT Vanessa	5:00PM	
7:00PM	EXPRESS STRETCH Jessi	REFORMER + Debbi	EXPRESS STRETCH Jessi	
REFORMER + Allison	5:30PM	7:00PM	5:30PM	
	STRENGTH Jessi	ADVANCED REFORMER Danielle	STRENGTH John	
	REFORMER AC John		JUMPCARD + Jessi	
	6:30PM		6:30PM	
	CYCLE Sarah S.		CYCLE Morgan	
	JG X-TRAIN Jessi		JG X-TRAIN Jessi	
	REFORMER PURE Angela		REFORMER + Angela	
	7:30PM		7:30PM	
	REFORMER + Sarah S.		PILATES CIRCUIT Angela	

## 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 / Fall 2017 Class Schedule

