

Make Your Schedule Awesome

The John Garey Fitness & Pilates class schedule features 58 classes per week.

Scheduling a class is easy via our iPhone/iPad app, online or by contacting our Front Desk Team today! See our Pricing on the back of this Schedule and consult with our Front Desk Team to find the membership or package option that is right for you.

Classes are 50 minutes.

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

Memberships

PILATES		
OFF PEAK		

Introductory Offers!

\$59 2 Week UNLIMITED CLASS Trial Membership

\$75 3 30-Minute PRIVATE TRAINING Sessions

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

Contact Us

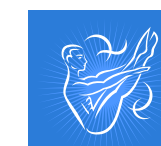
6539 E Pacific Coast Hwy
Long Beach CA 90803
562.598.8585
www.johngareyfitness.com

Morning Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM			
REFORMER AC Danielle	BARRE & REFORMER Claudia	REFORMER AC Claudia	BARRE & REFORMER Claudia			
	7:00AM		7:00AM	7:00AM	7:00AM	
	REFORMER AC Claudia		REFORMER + Danielle	REFORMER AC Danielle	REFORMER + Sarah	
8:00AM	8:30AM	8:00AM	8:30AM	8:00AM	8:00AM	8:00AM
STRENGTH & REFORMER Danielle	REFORMER + Jamie	STRENGTH & REFORMER Danielle	REFORMER + Claudia	REFORMER + Sarah	BARRE & REFORMER Sarah	REFORMER + Eunjoo
9:00AM	9:30AM	9:00AM	9:30AM	9:00AM	9:00AM	9:00AM
REFORMER + Heather	REFORMER + Heather	REFORMER + Heather	REFORMER AC Jamie	REFORMER AC Danielle	STRENGTH & REFORMER Sarah	REFORMER AC Eunjoo
10:00AM	10:30PM	10:00AM	10:30PM	10:00AM	10:00AM	10:00AM
REFORMER AC Danielle	REFORMER PURE Susan	REFORMER AC Danielle	REFORMER PURE Susan	STRENGTH & REFORMER Sarah	REFORMER PURE Jeremy	REFORMER + Angela
11:00AM	11:30AM	11:00AM	11:30AM	11:00AM	11:00AM	
REFORMER MOBILITY Danielle	STRENGTH & REFORMER Jamie	REFORMER MOBILITY Danielle	STRENGTH & REFORMER Claudia	REFORMER MOBILITY Sarah	REFORMER ORIENTATION Jeremy	
12:00PM	12:30PM	12:00PM	12:30PM	12:00PM		
REFORMER PURE Jeremy	JUMPBOARD + Jamie	BARRE & REFORMER Heather	BARRE & JUMPBOARD Claudia	REFORMER + Debbi		

Evening Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00PM	4:30AM	4:00PM	4:30AM	4:00PM
TRAMP & REFORMER Jeremy	STRENGTH & REFORMER Sarah	TRAMP & REFORMER Sarah	STRENGTH & REFORMER Jeremy	TRAMP & REFORMER Jeremy
5:00PM	5:30PM	5:00PM	5:30PM	5:00PM
STRENGTH & REFORMER Jeremy	PILATES MAT & REFORMER Sarah	REFORMER AC Danielle	REFORMER AC Jeremy	PILATES CIRCUIT Jeremy
6:00PM	6:30PM	6:00PM	6:30PM	6:00PM
ADVANCED REFORMER Danielle	REFORMER PURE Jessi	REFORMER + Debbi	REFORMER + Jessi	REFORMER + Jeremy
7:00PM	7:30PM	7:00PM		
REFORMER + Jeremy	REFORMER + Sarah	STRENGTH & REFORMER Danielle		



John Garey
Fitness & Pilates

Pricing

We offer package pricing as well as monthly memberships for classes. Memberships are ideal if you plan to take more than 1 class per week. Prices effective October 8, 2018

Memberships

COMMITMENT IN MONTHS	1	Month-To-Month	12
PILATES*	\$199	\$169	\$149 (per Month)
OFF-PEAK TOTAL**	\$109	\$99	\$89 (per Month)

*Clients with Pilates Memberships can enjoy up to 7 Pilates Classes per week.

** Off-peak class start times: MON-THURS: 10:30am - 4:30pm & 6:30pm and later, FRIDAY: 11:00am and later. See Schedule for details.

Class Packages

NUMBER OF SESSIONS	1	4	8	12
PILATES	\$40	\$140 / \$35*	\$240 / \$30*	\$300 / \$25*

*Per Session Price

Private Packages

INDIVIDUAL	1	4	8	16
25 MINUTES	\$55	\$200 / \$50*	\$380 / \$47.50*	\$720 / \$50*
50 MINUTES	\$90	\$340 / \$85*	\$640 / \$80*	\$1200 / \$75*
DUO	1	4	8	16
25 MINUTES	\$38	\$140 / \$35*	\$264 / \$33*	\$460 / \$30*
50 MINUTES	\$65	\$240 / \$60*	\$488 / \$56*	\$800 / \$50*
TRIO	1	4	8	16
50 MINUTES	\$50	\$180 / \$45*	\$344 / \$43*	\$640 / \$40*

*Per Session Price

THE FINE PRINT

All class and private package sessions expire three (3) months from time of purchase; expired sessions can be extended with the purchase of the same type of class/private package. Payment for all private sessions and classes is due at time of booking. No refunds or transfers. A 12-hour cancellation policy applies to all class reservations and appointments. Late cancellations result in the forfeiture of the class or private package session for package pricing; a \$10 fee will be charged for a late cancellation of any class booked with a membership (a \$15 fee will be charged for no shows).

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.

Fall 2018 Class Schedule

