

## 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

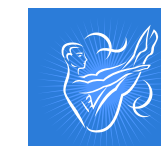
6539 E Pacific Coast Hwy  
Long Beach CA 90803  
562.598.8585  
www.johngareyfitness.com

# Morning Class Schedule

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

# Evening Class Schedule

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



John Garey  
Fitness & Pilates