

## Make Your Schedule Awesome

The John Garey Fitness & Pilates class schedule features 56 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.

\*\*PILATES STRENGTH CIRCUIT+ is a special 75-minute class format. An additional \$5 charge applies.

## Memberships

(ALL ACCESS) 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.

## Orientation

Orientation is required for all new group class clients and is included in the introductory offer. We offer orientation twice per week - Mondays at 6:00PM and Saturdays at 11:00AM

## 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			
REFORMER AC Danielle	REFORMER + Claudia		REFORMER + Claudia			
	7:00AM		7:00AM	7:00AM		
	REFORMER AC Claudia		REFORMER + Danielle	REFORMER AC Danielle		
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 + Danielle	REFORMER + Linzey	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	REFORMER AC Linzey	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 Claudia	REFORMER PURE Cindy	REFORMER PURE Eunjoo
11:00AM	11:30AM-12:45PM**	11:00AM	11:30AM-12:45PM**	11:00AM	11:00AM	
REFORMER MOBILITY Danielle	PILATES STRENGTH CIRCUIT+ Jamie	BALANCE Susan	PILATES STRENGTH CIRCUIT+ Claudia	REFORMER MOBILITY Claudia	ORIENTATION Cindy	
12:00PM		12:00PM		12:00PM		
REFORMER PURE Claudia		BARRE & REFORMER Heather		REFORMER + Debbi		

# Evening Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00PM	4:30PM	4:00PM	4:30PM	4:30PM
TRAMP & REFORMER Danielle	STRENGTH & REFORMER Sarah B	TRAMP & REFORMER Danielle	STRENGTH & REFORMER Linzey	REFORMER AC Eunjoo
5:00PM		5:00PM		5:30PM
REFORMER AC Danielle		REFORMER AC Danielle		STRENGTH & REFORMER Eunjoo
6:00PM	6:00PM	6:00PM	6:00PM	
STRENGTH & REFORMER Kerri	REFORMER PURE Kerri	REFORMER + Linzey	BARRE & REFORMER Linzey	
7:00PM	7:00PM	7:00PM	7:00PM	
REFORMER + Kerri	REFORMER AC Kerri	STRENGTH & REFORMER Linzey	REFORMER + Linzey	



# 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 January 1, 2020.

## Memberships

COMMITMENT IN MONTHS	1	Month-To-Month	12
(ALL ACCESS) PILATES*	\$199	\$179	\$169 (per Month)
PILATES OFF-PEAK**	\$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
(ALL ACCESS) 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 / \$45*
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*	\$448 / \$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 privates 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](http://johngareyfitness.com).

# Winter/Spring 2020 Class Schedule

