

Elite Fitness Studio
 111 Union St
 Between Columbia & Van Brunt
 Tel. (718) 596-0006
 Updated November 16th, 2017
 Unless Stated All Classes are 60 Mins



efitstudio.co

Normal Studio Hours:
 Monday - Wednesday 5:30am - 10:00pm
 Thursday 7:00am - 3:00pm
 Friday 5:30am - 8:30pm
 Saturday & Sunday 7:00am - 7:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30am	6:00am	6:30am	Open 7:00am	6:30am	9:00am	8:30am	
Total Body Cycling All Levels (45 Min)	Elite Defender Basic Self Defense Techniques	#MorningSweatCycle All Levels (45 Min)	Happy Thanksgiving  We're Thankful for Elite Members	Total Body Cycling All Levels (45 Min)	Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises	Pound! Fitness Full-body Workout that combines Cardio, Conditioning, and Strength Training with Yoga and Pilates-Inspired Movements Using Ripstixs (45 Min)	
7:15am	7:00am	7:15am					
Body Blast High Intensity Interval Training TRX, Kettle Bell, Medicine Ball, Battle Rope, and Sand Bags, Total Body Workout	Mixed Movement Mornings Inspired by Anya Method (Pilates mat), Dynamic Movement, Yoga, and Metta (loving kindness)	Studio Space Available Wednesdays		Body Blast High Intensity Interval Training TRX, Kettle Bell, Medicine Ball, Battle Rope, and Sand Bags, Total Body Workout	Boot Camp (45 Min)	10:00am	9:30am
Boot Camp (45 Min)		7:15am - 9:15am		Boot Camp (45 Min)		TRX Emphasis on Upper Body and Core Strength Using Suspension Strap Exercises	Elite Boot Camp Various functional training exercises along with HIIT cardio, tabata & sports conditioning drills
9:30am	9:30am	9:15am	Close 3:00pm	9:30am	10:30am	10:30am	
Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises	Shake, Rattle & Tone Slow and controlled free weight exercises focusing on proper form and technique. Finish up with some fun movement to Motown jams to come alive!	Alignment Based Yoga Iyengar, a form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas.	Alignment Based Yoga Iyengar, a form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas.	Total Body Cycling Incorporates Light Weights	Cycling An Up-Tempo Cardio Experience	Vinyasa Based Yoga (Open Level 75 Min)	
				10:30am			
				Alignment Based Yoga			
6:30pm	6:30pm	6:30pm		6:30pm			
Vinyasa Based Yoga (Open Level 75 Min)	Cycling An Up-Tempo Cardio Experience	Vinyasa Based Yoga (Open Level)		Studio Space Available 12:00pm - 8:30pm			
7:45pm	7:30pm	7:30pm					
Elite Boot Camp Various functional training exercises along with HIIT cardio, tabata & sports conditioning drills	Fusion Dance This class will lead to more confidence, coordination and body awareness	Pilates Mat					