

Elite Fitness Studio
 111 Union St
 Between Columbia & Van Brunt
 Tel. (718) 596-0006



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

Unless Stated All Classes are 60 Mins

efitstudio.co

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	6:00am	5:30am	6:00am	6:15am	9:00am	9:30am
Express TRX High Intensity Interval Training TRX Class (30 Min)	Elite Defender Basic Self Defense Techniques	Studio Space Available Wednesdays 5:30am - 9:15am	Elite Defender Basic Self Defense Techniques	Express TRX High Intensity TRX Class (30 Min)	Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises	Elite Low Impact Boot Camp Low Impact total body workout focusing on correctness of form and ranges of motion through stretching, warm-up and cool-down.
6:45am	7:00am		7:00am	6:45am	10:00am	10:30am
Rock Hard ABs An intense abdominal workout using a piece of equipment to define the mid section (30 Min)	Yogalates Yogalates is a type of exercise inspired by yoga and Pilates, as its name suggests. It is said to harness the physical and mental benefits of both practices, and its advocates describe it as a comprehensive exercise system.		Yogalates Yogalates is a type of exercise inspired by yoga and Pilates, as its name suggests. It is said to harness the physical and mental benefits of both practices, and its advocates describe it as a comprehensive exercise system.	Rock Hard ABs An intense abdominal workout using a piece of equipment to define the mid section (30 Min)	TRX Emphasis on Upper Body and Core Strength Using Suspension Strap Exercises	Vinyasa Based Yoga Also called flow because of the smooth way that the poses run together. It is one of the most popular contemporary styles of yoga. (Open Level 75 Min)
7:15am			7:15am	10:30am		
HIIT Boot Camp High Intensity Interval Training (45 Min)			Circuit Training High Intensity Interval Training (45 Min)	Cycling An Up-Tempo Cardio Experience		
9:30am	9:30am	9:15am	9:30am	9:30am		4:00pm
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.	TRX & Core Emphasis on Upper Body and Core Strength Using Suspension Strap Exercises	Total Body Cycling Complete Body Workout All Levels (45 Min)	Studio Space Available 1:00pm - 7:00pm	**March Only** "Barre-Tensity" (Open Level 45 Min)
6:30pm	6:30pm	6:30pm	6:30pm	10:30am	<p>3 Months Free as Simple as 1-2-3</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>1</p> <p>Refer a Friend*</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>2</p> <p>They Join Elite Fitness</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>3</p> <p>You Earn 3 Months Free on US**</p> </div> </div>	
Vinyasa Based Yoga (Open Level 75 Min)	Cycling An Up-Tempo Cardio Experience	Vinyasa Based Yoga (Open Level)	Cycling An Up-Tempo Cardio Experience	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.		
7:45pm	7:00pm	7:30pm	7:30pm	7:30pm		
Total Body Cycling Complete Body Workout All Levels	TRX & Kettle Bell Boot Camp (Open Level)		Interval Strength Conditioning			