

Elite Fitness Studio
 111 Union St
 Between Columbia & Van Brunt
 Tel. (718) 596-0006
 Updated January 2nd, 2018
 Unless Stated All Classes are 60 Mins



efitstudio.co

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	6:00am	6:30am	6:00am	6:15am	9:00am	9:30am
Express TRX High Intensity Interval Training TRX Class (30 Min)	Elite Defender Basic Self Defense Techniques	#MorningSweatCycle All Levels (45 Min)	Elite Defender Basic Self Defense Techniques	Express HIIT Cycling All Levels (30 Min)	Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises	Elite Boot Camp Various functional training exercises along with HIIT cardio, tabata & sports conditioning drills
6:45am	7:00am	Studio Space Available Wednesdays 7:15am - 9:15am	7:00am	6:45am		10:30am
Rock Hard ABs An intense ab 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.		7:00am	Express TRX High Intensity Interval Training TRX Class (30 Min)		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	Circuit Training High Intensity Interval Training (45 Min)	10:00am	
HIIT Boot Camp High Intensity Interval Training (45 Min)				9:30am	TRX Emphasis on Upper Body and Core Strength Using Suspension Strap Exercises	
9:30am	9:30am	9:15am	9:30am	9:30am	10:30am	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)	Cycling An Up-Tempo Cardio Experience	January Special BoSU (Open Level 45 Min)
6:30pm	6:30pm	6:30pm	6:30pm	10:30am	 3 Months Free as Simple as 1-2-3	
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	Studio Space Available 12:00pm - 8:30pm		
Total Body Cycling Complete Body Workout All Levels	TRX & Kettle Bell Boot Camp (Open Level)	Pilates Mat	Interval Strength Conditioning		1 Refer a Friend*	2 They Join Elite Fitness
					3 You Earn 3 Months Free on US**	