

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



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

Unless Stated All Classes are 60 Mins

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	<b>6:00am</b> <b>Functional Circuit Training</b> Class emphasizes stability, agility, strength training and boxing maneuvers with the use of Thera Band stability trainers, medicine balls, battle ropes and exercise balls. (Open Level 30 Min)	<b>7:30am</b> <b>Power Sculpt</b> This class is ideal for anyone looking for an intense toning class that is mixed impact (low impact options). (Open Level 45 Min)	<b>6:00am</b> <b>Functional Circuit Training</b> Class emphasizes stability, agility, strength training and boxing maneuvers with the use of Thera Band stability trainers, medicine balls, battle ropes and exercise balls. (Open Level 30 Min)	<b>6:15am</b> <b>Tread Work</b> Use integrated method of intervals, you will go through hills, and short burst sprints to reach your goal. (Open Level 30 Min)	<b>9:00am</b> <b>Power Pilates Mat</b> Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)	<b>9:30am</b> <b>HIIT Circuit Training</b> High Intensity Interval Training (HIIT) TRX, Core Strength, Kettle Bell, Medicine Balls, Battle Ropes, and Sand Bags, Total Body Workout. (Open Level)		
	<b>7:15am</b> <b>HIIT Circuit Training</b> High Intensity Interval Training (Open Level 45 Min)	<b>7:00am</b> <b>Roll and Tone</b> Inspired by Pilates and MELT foam roller techniques this class will improve your flexibility, core function, performance, and reduce injuries. (Open Level 45 Min)	<b>Studio Space Available Wednesdays 8:15am - 9:15am</b>	<b>7:00am</b> <b>Roll and Tone</b> Inspired by Pilates and MELT foam roller techniques this class will improve your flexibility, core function, performance, and reduce injuries. (Open Level 45 Min)	<b>6:45am</b> <b>Rock Hard ABs</b> An intense abdominal workout using a piece of equipment to define the mid section (Open Level 30 Min)	<b>10:00am</b> <b>TRX</b> Emphasis on Upper Body and Core Strength Using Suspension Strap Exercises (Open Level)	<b>10:30am</b> <b>Vinyasa Based Yoga</b> (Open Level 75 Min)	
<b>8:00am</b> <b>Rock Hard ABs</b> An intense abdominal workout using a piece of equipment to define the mid section (Open Level 30 Min)	<b>9:30am</b> <b>Power Sculpt</b> A non-impact, floor based class that uses hand weights and other studio equipment to condition and sculpt all body parts. This class is ideal for anyone looking for an intense toning class that is mixed impact (low impact options). (Open Level)			<b>9:15am</b> <b>Iyengar Yoga</b> The sequence of Iyengar Yoga poses taught in classes changes from week to week, rarely is the same sequence taught multiple times. There is an emphasis on alignment and precision; poses are often held longer than in other styles. (Open Level 75 Min)	<b>9:30am</b> <b>Rock Hard ABs</b> An intense abdominal workout using a piece of equipment to define the mid section (Open Level 30 Min)	<b>7:15am</b> <b>Circuit Training</b> High Intensity Interval Training (Open Level 45 Min)	<b>10:30am</b> <b>Cycling</b> An Up-Tempo Cardio Experience (Open Level)	<b>3:15pm</b> <b>Power Sculpt</b> A non-impact, floor based class that uses hand weights and other studio equipment to condition and sculpt all body parts. (Open Level 45 Min)
<b>8:30am</b> <b>Express TRX</b> Emphasis on Upper Body and Core Strength Using Suspension Strap Exercises (Open Level)	<b>9:30am</b> <b>Power Sculpt</b> A non-impact, floor based class that uses hand weights and other studio equipment to condition and sculpt all body parts. This class is ideal for anyone looking for an intense toning class that is mixed impact (low impact options). (Open Level)	<b>9:15am</b> <b>Iyengar Yoga</b> The sequence of Iyengar Yoga poses taught in classes changes from week to week, rarely is the same sequence taught multiple times. There is an emphasis on alignment and precision; poses are often held longer than in other styles. (Open Level 75 Min)	<b>10:00am</b> <b>Express TRX</b> High Intensity Interval Training TRX Class (Open Level 30 Min)	<b>9:30am</b> <b>Cycling</b> An Up-Tempo Cardio Experience (Open Level)	<b>Studio Space Available 1:00pm - 7:00pm</b>	<b>4:00pm</b> <b>**May Only** "ZUU"</b> (Open Level 45 Min)		
<b>9:30am</b> <b>Pilates Mat</b> Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)	<b>6:30pm</b> <b>Cycling</b> An Up-Tempo Cardio Experience (Open Level)	<b>6:30pm</b> <b>Vinyasa Based Yoga</b> (Open Level)	<b>10:30am</b> <b>Tread Work</b> Train on the treadmill and take your workout to an extraordinary new level of fitness in a controlled environment. (Open Level 30 Min)	<b>10:30am</b> <b>Iyengar Yoga</b> The sequence of Iyengar Yoga poses taught in classes changes from week to week, rarely is the same sequence taught multiple times. There is an emphasis on alignment and precision; poses are often held longer than in other styles. (Open Level)			<b>4:00pm</b> <b>**May Only** "ZUU"</b> (Open Level 45 Min)	
<b>Close 7:00pm</b>	<b>Studio Space Available 7:30pm - 10:00pm</b>	<b>7:30pm</b> 	<b>7:30pm</b> <b>P90X LIVE</b> (Open Level 45 Min)	<b>7:30pm</b> <b>HIIT Circuit Training</b> (Open Level)	<b>Studio Space Available 1:00pm - 8:30pm</b>		<b>1</b> Refer a Friend*	<b>2</b> They Join Elite Fitness