

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
<b>6:15am</b>	<b>6:00am</b>	<b>7:30am</b>	<b>6:00am</b>	<b>6:15am</b>	<b>9:00am</b>	<b>9:30am</b>
<b>Express TRX</b> High Intensity Interval Training TRX Class (Open Level 30 Min)	<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>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>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>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>Power Pilates Mat</b> Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)	<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>6:45am</b>	<b>7:00am</b>	<b>Studio Space Available</b>  <b>Wednesdays</b>  <b>8:15am - 9:30am</b>	<b>7:00am</b>	<b>6:45am</b>	<b>10:00am</b>	<b>10:30am</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>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>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>Rock Hard ABs</b> An intense abdominal workout using a piece of equipment to define the mid section (Open Level 30 Min)	<b>HIIT Boot Camp</b> High Intensity Interval Training (HIIT), Core Strength, Kettle Bell, Medicine Balls, Battle Ropes, and Sand Bags. A Total Body Workout set to Uptempo and Energizing Music. (Open Level)	<b>Vinyasa Based Yoga</b> (Open Level 75 Min)
<b>7:15am</b>	<b>Studio Space Available</b> <b>7:45am - 9:30am</b>		<b>9:30am</b>	<b>7:15am</b>	<b>10:30am</b>	<b>3:15pm</b>
<b>HIIT Boot Camp</b> High Intensity Interval Training (Open Level 45 Min)			<b>Rock Hard ABs</b> An intense abdominal workout using a piece of equipment to define the mid section (Open Level 30 Min)	<b>Circuit Training</b> High Intensity Interval Training (Open Level 45 Min)	<b>Cycling</b> An Up-Tempo Cardio Experience (Open Level)	<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>9:30am</b>	<b>9:30am</b>	<b>9:30am</b>	<b>10:00am</b>	<b>9:30am</b>	<b>Studio Space Available</b> <b>1:00pm - 7:00pm</b>	<b>4:00pm</b>
<b>Pilates Mat</b> Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)	<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>Vinyasa Based Yoga</b> (Open Level)	<b>Express TRX</b> High Intensity Interval Training TRX Class (Open Level 30 Min)	<b>Cycling</b> An Up-Tempo Cardio Experience (Open Level)		<b>**July Only**</b> <b>"Ultimate Tabata"</b> (Open Level 45 Min)
		<b>Studio Space Available</b> <b>1:00pm - 6:30pm</b>	<b>10:30am</b>	<b>10:30am</b>	 <b>3 Months Free as Simple as 1-2-3</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>Vinyasa Based Yoga</b> (Open Level)		
<b>6:30pm</b>	<b>6:30pm</b>	<b>6:30pm</b>	<b>Studio Space Available</b> <b>11:30am - 7:30pm</b>	<b>Studio Space Available</b> <b>11:30am - 8:30pm</b>		
<b>Vinyasa Based Yoga</b> (Open Level 75 Min)	<b>Cycling</b> An Up-Tempo Cardio Experience (Open Level)	<b>Vinyasa Based Yoga</b> (Open Level)	<b>7:30pm</b>		<b>1</b> Refer a Friend*	<b>2</b> They Join Elite Fitness
<b>7:45pm</b>	<b>7:30pm</b>	<b>7:30pm</b>	<b>7:30pm</b>		<b>3</b> You Earn 3 Months Free on US**	
<b>P90X LIVE</b> (Open Level)		<b>P90X LIVE</b> (Open Level)	<b>HIIT Circuit Training</b> (Open Level)			