

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
6:30am	6:00am	7:30am	6:00am	6:15am	9:00am	9:30am
NEW CLASS Box and Kick (Open Level 45 Min)	Functional Circuit Training (Open Level 30 Min)	Power Sculpt <small>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 45 Min)</small>	Functional Circuit Training (Open Level 30 Min)	Tread Work (Open Level 30 Min)	Power Pilates Mat (Open Level)	HIIT Circuit Training (Open Level)
7:15am	6:00am		6:30am	6:45am	10:00am	10:30am
NEW TIME HIIT Boot Camp (Open Level 45 Min)	**NEW CLASS** Advanced Runners & Strength Training (Intermediate to Advanced Level)		**NEW CLASS** Beginner Runners & Strength Training (Open Level)	Hard Core ABs (Open Level 30 Min)	HIIT Boot Camp (Open Level)	Vinyasa Yoga (Open Level 75 Min)
8:00am - 9:30am Studio Space Available	7:00am	8:30am	7:30am	7:15am	10:30am	11:45am - 4:00pm Studio Space Available
	Roll and Tone (Open Level 45 Min)	**NEW CLASS** Power Pilates Mat <small>Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)</small>	**NEW CLASS** Box and Kick (Open Level 45 Min)	HIIT Circuit Training <small>High Intensity Interval Training (Open Level 45 Min)</small>	Cycling <small>An Up-Tempo Cardio Experience (Open Level)</small>	
9:30am	9:30am	9:30am	9:30am	9:30am		3:15pm
Pilates Mat <small>Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)</small>	Power Sculpt <small>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)</small>	Vinyasa Based Yoga (Open Level)	**NEW CLASS** Circuit Training (Open Level)	Cycling <small>An Up-Tempo Cardio Experience (Open Level)</small>	Studio Space Available 1:00pm - 7:00pm	**NEW CLASS** Power Rower (Open Level 45 Min)
			10:30am	10:30am		4:00pm
		11:30am - 6:30pm Studio Space Available	12:45am - 5:30pm Studio Space Available			October Only "Fit Ball Max" <small>Focuses on the use of Medicine, Swiss, Slam and BoSU Balls (Open Level 45 Min)</small>
12:45am - 5:45pm Studio Space Available	12:45am - 4:30pm Studio Space Available		5:30pm **NEW CLASS** Dance Cardio (Open Level)			
6:30pm	6:30pm	6:30pm	6:30pm			
Vinyasa Yoga (Open Level 75 Min)	Cycling <small>An Up-Tempo Cardio Experience (Open Level)</small>	Vinyasa Yoga (Open Level)	**NEW CLASS** Power Pilates Mat (Open Level)			
7:45pm	7:30pm	7:30pm	7:30pm			
P90X LIVE (Open Level)	Tabata Boot Camp (Open Level)	P90X LIVE (Open Level)	Interval Strength Conditioning HIIT (Open Level)			

3 Months Free as Simple as 1-2-3

1
Refer a Friend*

2
They Join Elite Fitness

3
You Earn 3 Months Free on US**