

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

www.effitstudio.co

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am	6:00am	7:30am	6:00am	7:30am	9:00am	8:30am
HIIT Boot Camp (Open Level 45 Min)	Functional Circuit Training (Open Level 30 Min)	Power Sculpt 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)	Functional Circuit Training (Open Level 30 Min)	Circuit Training High Intensity Interval Training (Open Level 45 Min)	Power Pilates Mat (Open Level)	Running & Strength Training (Open Level)
8:15am	7:00am	8:15am	7:30am	8:15am	10:00am	9:30am
Box and Kick One on One Mitt/Pad Workout combined with Cardio Drills. Kick and Box away building Strength, Coordination and Stamina. (Open Level 45 Min)	Roll and Tone Inspired by Pilates and MELT foam roller techniques this class will improve your flexibility, core function, performance, and reduce injuries. (Open Level 45 Min)	Power Rower "The Rower" and "body weight" exercise to tone and burn those extra calories away. (Open Level 45 Min)	Box and Kick One on One Mitt/Pad Workout combined with Cardio Drills. Kick and Box away building Strength, Coordination and Stamina. (Open Level 45 Min)	"Barre-Tensity" Barre class mixes elements of Pilates, Dance, Yoga, Functional Training with the moves choreographed to motivating music. (Open Level 45 Min)	HIIT Boot Camp (Open Level)	HIIT Circuit Training (Open Level)
Studio Space Available 9:00am - 9:30am	8:30am	8:30am	8:30am	Studio Space Available 9:00am - 9:30am	10:30am	10:30am
	HIIT Pilates Mat Starts January 22nd HIIT Pilates Mat is a fun, challenging, full body, low impact and high intensity workout using Pilates principles. (Open Level)	Power Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)	HIIT Pilates Mat Starts January 24th HIIT Pilates Mat is a fun, challenging, full body, low impact and high intensity workout using Pilates principles. (Open Level)		Cycling An Up-Tempo Cardio Experience (Open Level)	Vinyasa Yoga (Open Level 75 Min)
9:30am	9:30am	9:30am	9:30am	9:30am	2:15pm	12:00pm
Power Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises (Open Level)	Power Sculpt A non-impact, floor based class that uses hand weights and other studio equipment to condition and sculpt all body parts. (low impact options) (Open Level)	Vinyasa Yoga (Open Level)	HIIT Boot Camp (Open Level 45 Min)	Cycling An Up-Tempo Cardio Experience (Open Level)	Power Rower (Open Level 45 Min)	The Athletes Workout HIIT Circuit class with Athlete style exercises (Open Level)
Studio Space Available 12:45pm - 5:45pm	Studio Space Available 12:45pm - 4:30pm	Studio Space Available 12:45pm - 6:30pm	Studio Space Available 12:45pm - 5:30pm	10:30am	3:00pm	Studio Space Available 1:00pm - 7:00pm
6:30pm	6:30pm	6:30pm	5:30pm	Vinyasa Yoga (Open Level)	January Only "TRX Strength" (Open Level 45 Min)	
Vinyasa Yoga (Open Level 75 Min)	Cycling An Up-Tempo Cardio Experience (Open Level)	Vinyasa Yoga 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)	Dance Cardio (Open Level)	Studio Space Available 11:45am - 8:30pm	<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: 10px; padding: 5px; text-align: center;"> <p>1</p> <p>Refer a Friend*</p> </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> <p>2</p> <p>They Join Elite Fitness</p> </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> <p>3</p> <p>You Earn 3 Months Free on US**</p> </div> </div>	
7:45pm	7:30pm	6:30pm	6:30pm			
P90X LIVE A group-focused total-body strength and cardio class that incorporates principles from personal training and functional strength coaching. And it's a great way to create a strong community of friendly competition, encouragement, and personal fitness breakthroughs. (Open Level)	Tabata Boot Camp Tabata training is one of the most popular forms of High Intensity Interval Training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20 seconds on, 10 seconds off interval. (Open Level)	Power Pilates Mat (Open Level)	Power Pilates Mat (Open Level)			
		7:30pm	7:30pm			
		P90X LIVE (Open Level)	Interval Strength Conditioning HIIT (Open Level)			