

Elite Fitness Studio
 111 Union St
 Between Columbia & Van Brunt
 Tel. (718) 596-0006
 Updated September 8th, 2017
 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
6:30am	6:00am	6:30am	6:00am	6:30am	9:00am	8:30am
Total Body Cycling All Levels (45 Min)	Elite Defender Basic Self Defense Techniques	#MorningSweatCycle All Levels (45 Min)	Elite Defender Basic Self Defense Techniques	Total Body Cycling All Levels (45 Min)	Pilates Mat Emphasis on Core Strength, Posture and Breathing While Executing Floor Exercises	Pound! Fitness Full-body Workout that combines Cardio, Conditioning, and Strength Training with Yoga and Pilates-Inspired Movements Using Ripstix (45 Min)
7:15am	7:00am	Studio Space Available Wednesdays 7:15am - 9:15am	7:00am	7:15am		
Body Blast High Intensity Interval Training TRX, Kettle Bell, Medicine Ball, Battle Rope, and Sand Bags, Total Body Workout Boot Camp (45 Min)	Mixed Movement Mornings Inspired by Anya Method (Pilates mat), Dynamic Movement, Yoga, and Metta (loving kindness)		Mixed Movement Mornings Inspired by Anya Method (Pilates mat), Dynamic Movement, Yoga, and Metta (loving kindness)	Body Blast High Intensity Interval Training TRX, Kettle Bell, Medicine Ball, Battle Rope, and Sand Bags, Total Body Workout Boot Camp (45 Min)	10:00am	9:30am
9:30am	9:30am	9:15am	9:30am	9:30am	10:30am	10:30am
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 Incorporates Light Weights	Cycling An Up-Tempo Cardio Experience	Vinyasa Based Yoga (Open Level 75 Min)
6:30pm	6:30pm	6:30pm	6:30pm	10:30am	<p>3 Months Free as Simple as 1-2-3</p>	
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	7:30pm	7:30pm	7:30pm	Studio Space Available 12:00pm - 8:30pm		
Elite Boot Camp Various functional training exercises along with HIIT cardio, tabata & sports conditioning drills	Fusion Dance This class will lead to more confidence, coordination and body awareness	Pilates Mat	Interval Strength Conditioning	1 Refer a Friend*	2 They Join Elite Fitness	3 You Earn 3 Months Free on US**