


#garagegirlfitness

Schedule Updated 2.11.25

(To book a class, select "book a class" at garagegirlfitness.net)

To reserve your spot for a 12 week session, email Rose at garagegirlfitness@gmail.com. Don't see a time you like and have 2 people to do it with you, let me know and I will add it. We also offer Personal Training, Macro Nutrition Coaching & Group Training at your location.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>7:00-7:30am</u> Spin <u>7:35-8:20am</u> "Elevated" Muscle * AVAILABLE ONLINE AND IN PERSON 12 Weeks NEW 2/8-4/26 (2/22 Catherine Covering)	<u>5:45-6:30am</u> Barbell/TRX/KBELL * AVAILABLE ONLINE AND IN PERSON ↑↑↑↑ This class may be done with free weights. 12 Weeks 1/12-4/20 (No Class 1/19, 1/26 snow, 2/23)	<u>5:15-5:45am</u> Spin <u>5:50-6:35am</u> Muscle * AVAILABLE ONLINE AND IN PERSON 12 Weeks 1/27-4/14	<u>5:45-6:30 am</u> Cardio Bags * AVAILABLE ONLINE AND IN PERSON 12 Weeks 12/17 - 3/11 (No Class 2/18)	<u>5:50-6:20am</u> Muscle * AVAILABLE ONLINE ONLY FOR GARAGE PEEPS (No class 2/19)	PERSONAL TRAINING AVAILABLE!  #garagegirlfitness	<u>7:15-8:00am</u> Pilates * AVAILABLE ONLINE AND IN PERSON 12 WEEKS 1/17-4/18 (No Class 2/21)
	<u>6-6:45pm</u> TRX * AVAILABLE ONLINE AND IN PERSON ↑↑↑↑ This class may be done with free weights. 12 Weeks 12/8-3/2 (No Class 1.26 Snow)	<u>5:45-6:30pm</u> Cardio Bags <u>6:30-7pm</u> ⇒ Muscle on the Mat * AVAILABLE ONLINE AND IN PERSON 12 Weeks 1/27-4/21 (No Class 2/24)	<u>6:15pm</u> Yoga w Jane 1.14-4.8 (No Class 1/21)	<u>7-7:40am</u> Cardio Bags 12 Weeks 12/18-3/26 (No class 2/19)	NEW SPIN ROOM IS NOW OPEN (Even under construction)	CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.