

GROUP EXERCISE SCHEDULE



EXECUTIVE FITNESS
A Private Training Studio

5708 E. 2nd Street, Long Beach, CA 90803 - (562) 856-3932 - executivefitness.com

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Men's Bootcamp	5:00 AM		5:00 AM		5:00 AM	
Women's Bootcamp		5:30 AM		5:30 AM		
Circuit		9:15AM Tabata		9:00 AM Therapy Thursday	9:15 AM	9:15 AM

RATES		
	PER CLASS	PER MONTH
Men's Bootcamp	\$30	\$175
Women's Bootcamp	\$30	\$150
Circuit	\$30	\$150
Unlimited Classes		\$200

BY APPOINTMENT
Personal Training
Postural Assessment
Stretch & Flex
Custom Nutrition

Classes & prices are subject to change.

Package conditions and restrictions apply.

Packages are non-transferrable, prices are per person.

4/2017 Executive Fitness reserves the right to refuse service to anyone.