



Ultimate Fit Chick

502 W. 2nd St.
 Elmira, NY 14901
 Phone: 315-784-1215
 www.ultimatefitchick.com

SEPTEMBER 2021

Schedule is subject to change. Please visit our website or "like us" on Facebook for up to date class information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note: Classes marked with 📺 symbol are virtual classes using the Moxie platform. All other classes are in person in the studio. For more information on Moxie, please inquire or see the link at the bottom of the calendar. Thank you!			1 5:15-6:00 PM Pound 6:15-7:00 PM Gentle Yoga	2 5:30-6:00 AM 📺 Yoga for Core Conditioning 5:15-6:00 PM Choose Your Intensity (CYI)	3 Closed	4 8:00-8:30 AM 📺 Barre 9:00-10:00 AM Cardio & Conquer
5 9:00-10:00 AM Yoga	6 Labor Day Studio Closed	7 5:15-6:15 PM Cardio & Conquer	8 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	9 5:15-6:00 PM Cardio Kickboxing	10 5:30-6:00 AM 📺 Yoga for Core Conditioning 5:30-7:30 PM Meghan's Bridal Shower	11 8:00-8:30 AM 📺 Barre 9:00-10:00 AM Cardio & Conquer
12 9:00-10:00 AM Yoga	13 5:30-6:00 AM 📺 Yoga for Weight Loss 5:15-6:00 PM Zumba	14 5:15-6:15 PM Choose Your Intensity (CYI)	15 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	16 5:15-6:00 PM Cardio & Conquer	17 5:30-6:00 AM 📺 Yoga for Core Conditioning	18 8:00-8:30 AM 📺 Barre 9:00-10:00 AM Cardio & Conquer
19 9:00-10:00 AM Yoga	20 5:30-6:00 AM 📺 Yoga for Weight Loss 5:15-6:00 PM Zumba	21 5:15-6:00 PM Cardio & Conquer	22 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	23 5:15-6:00 PM Barre	24 5:30-6:00 AM 📺 Yoga for Core Conditioning	25 9:00-10:00 AM Cardio & Conquer
26 9:00-10:00 AM Yoga	27 5:30-6:00 AM 📺 Yoga for Weight Loss 5:15-6:00 PM Zumba	28 5:15-6:15 PM Cardio & Conquer	29 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	30 5:15-6:00 PM Cardio Kickboxing		

Class Instructors:

Jessica Janowsky – Studio Owner, Yoga, Barre, Youth & Special Programs
 Meghan Mathers – Zumba®, Strong Nation®
 Tara McLaughlin – Cardio & Conquer
 Bethany Peris – Pound®

Memberships & Class Payment Options:

Ultimate Monthly Membership: \$40.00
 Drop-in fee: \$10 per class
 MOXIE Memberships available @
<https://moxie.xyz/ultimatefitchick>

