

Belly Dancing

Tuesdays from 7pm – 8pm
\$10 Drop in / Punch card

An introduction to the art and fitness benefits of belly dance. No experience needed. You will learn basic belly dance moves such as traveling steps, chest isolations, shimmies and arm movements. The low-impact aerobic movements will stretch and strengthen your body while improving your balance and posture. This is a fun, graceful dance suitable for women of all shapes, sizes and ages. Bring a scarf to tie around your hips and water to drink. No shoes required.



Class Schedule: www.studiofitfusion.com
Phone: 651-460-2701
Email: grandhallstudio@gmail.com



Kettlebells

Wednesdays from 6:30pm - 7:15pm
\$10 drop in or punch cards

Kettlebells Level 1 with Kris

Ready to develop impressive gains in strength, mobility, internal energy, work capacity, and vitality? Then kettlebell training is for you. A 'kettlebell', or gilya, is a traditional Russian cast iron weight that looks like a cannonball with a handle. This is the ultimate class for extreme all-round fitness.

Bring your own kettlebell or rent them from Kris. This is a great opportunity to try it out, if you like it then get your own kettlebell and bring it with you to class!

Kettlebell rental \$2 per class payable to Kris



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