



Pilates & Fitness Studio
Dance Lessons *for* Adults

651-460-2701

217 Oak Street, 2nd level
Farmington, MN 55024

*Walk In – Drop In
Pay-as-you-go*

About Us

Studio FitFusion is part of Grand Hall Studio. We offer group fitness classes and mat Pilates in the fitness studio and dance lessons for adults in the ballroom

Exercise Classes for Every Body

It is our mission to promote physical activity at all stages of life thereby improving the quality of everyday living. And make it simply fun!

Class Schedule:

www.StudioFitFusion.com

Everyone Welcome!

We offer enjoyable group exercise & fitness classes, dance lessons and mat Pilates in a historical setting on a pay-as-you-go basis, just drop in for class.

All ages, lifestyles & fitness levels WELCOME. Bring a friend and make a healthy habit!

Our Fitness & Event Schedule is published monthly. Besides fitness classes we like to party! We host and sponsor many events in the Grand Hall ballroom:

- Free Fitness Jam (class sampler)
- Dance Parties
- Spatini & Ladies Night Out
- Fabulous 40 Birthday Parties
- Fitness and Dance Fundraisers
- Fashion Shows, Tea Parties, more!
- Marketplace and boutiques, occasional sale

Our Instructors are *passionate* about the benefits of regular exercise and healthy lifestyles and are excited to share their knowledge, expertise and skills through group fitness classes and dance exercise. Each trainer offers an individual style to create a diverse FUN environment for **everyone** to reach their personal best.

Frequently Asked Questions

Do I need any previous exercise experience? NO! Group fitness classes are designed for everyone!

What should I bring to class? Wear comfortable clothing that you can move easily in, bring water to drink, and wear supportive indoor shoes if your class requires footwear. **Please bring your own mat**, if you have one Pilates participants will want a thicker mat or double up yoga mats for class. And finally, bring a friend! When friends come together you are more likely to stick with a regular fitness routine.

What if I can't keep up? NO WORRIES! It is important that you move at your own pace. Beginners should take it easy when just starting out. We want you to feel good & reach your fitness goals comfortably.

What types of people come to a fitness class? ALL TYPES! You will see people of all ages, abilities and fitness levels. Some classes are designed for Beginners or Intermediates, like Country Line dancing and others will suit higher aerobic intensity like Kickboxing.

Instructors will show modifications to suit individual abilities and limitations.

This is my first class, what do I do?

Please arrive 10 minutes early to check in, and bring what you think you will need listed above.

Fee: Drop In \$10 or \$5; Discounts for 5 and 10 time class punch card. Some classes \$5 flat rate.

In case of bad weather, please call ahead if you think class may be canceled: msg. line: **651-460-2701**