

August 2011

SESSION EXERCISE- EVERYONE WELCOME!

Sign up for dance exercise and fitness sessions that fit your schedule and lifestyle. For general questions about our pay-as-you-go studio call Amy at 952-807-2417 or visit our website www.studiofitfusion.com

Class Fees paid to the instructor.

Zumba Fitness – (60 min) ballroom

Latin inspired dance exercise, fun and easy to follow dance routines with Noelle.

Register with Noelle: 651-263-5612 or

Prepay July \$30 Drop-in:\$10

Zumba TONING - (60 min) ballroom

Latin inspired dance exercise and toning with light wrist weights, followed by 15 minutes of core exercises with Monica.

Register with Monica: 612-759-3101

Bring wrist weights(1-3lbs), an exercise mat and water to drink. **STARTS IN SEPTEMBER**

Prepay discounts or Drop-in:\$10

Zumba GOLD – (60 min) ballroom

This beginner class is designed to get you started with routines that are easy to follow for de-conditioned and older adults.

Register with Kiyomi 612-201-5235

STARTS IN SEPTEMBER

Prepay July \$20 Drop-in:\$6

Mat Pilates level 1 – (50 min) studio

Improve posture, core strength, flexibility and overall toning using techniques of Jos. Pilates.

Register with Amy 952-807-2417

Email: 217oak@gmail.com

\$5 per class

Sun	Mon	Tues	Wed	Thur	Fri	Sat
31	1 No classes	2 9:30am Pilates level 1	3 9:30am Strength & Stretch 6p Zumba	4	5	6
7	8 9:30am Strength & Stretch	9 9:30am Pilates level 1	10 9:30am Strength & Stretch 6p Zumba	11	12	13
14	15 9:30am Strength & Stretch	16 9:30am Pilates level 1	17 9:30am Strength & Stretch 6p Zumba	18	19	20
21	22 9:30am Strength & Stretch	23 9:30am Pilates level 1	24 9:30am Strength & Stretch 6p Zumba	25	26	27
28	29 9:30am Strength & Stretch	30 9:30am Pilates level 1	31 9:30am Strength & Stretch 6p Zumba	1	2	3

Strength & Stretch – (60 min) ballroom

Interval format using a combination of low impact aerobics and strength exercises using various exercise props to work large muscle groups. Cool down on the mat. Register with Amy 952-807-2417

\$5 per class

