

# January 2012

## 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](http://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. Mon,Wed,Fri w/ Noelle Saturday morning Angelia

**Drop-in: \$6 cash, check accepted**

#### **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

**\$5 per class**

#### **Mat Pilates – (60 min) studio**

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

Register with Amy 952-807-2417 - THURSDAYS

**Drop-in: \$8 cash, check accepted**

#### **FIT & Stretch – (55 min) ballroom**

Everyone Welcome! Come enjoy walking the ballroom, visiting with friends and exercise with us at 9:30am for 55 minutes in the fitness room. We will use wrist and ankle weights and other exercise tools to build strength and balance. Register with Amy 952-807-2417

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2 9:30am FIT & Stretch	3 9:30am Pilates 1	4	5 9:30am FIT  5:40p Pilates	6	7 8:30am Zumba
8	9 9:30am FIT & Stretch	10 No class	11  6p Zumba	12 9:30am FIT  5:40p Pilates	13  6:30p Zumba	14 8:30am Zumba
15	16 9:30am FIT & Stretch	17 9:30am Pilates 1	18  6p Zumba	19 9:30am FIT  5:40p Pilates	20  6:30p Zumba	21 8:30am Zumba
22	23 9:30am FIT & Stretch	24 9:30am Pilates 1	25  6p Zumba	26 9:30am FIT  5:40p Pilates	27  6:30p Zumba	28 8:30am Zumba
29	30 9:30am FIT & Stretch	31 9:30am Pilates 1	1  6p Zumba	2 9:30am FIT  5:40p Pilates	3  6:30p Zumba	4