

July 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 \$24 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.

Prepay July \$18 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

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

Mat Pilates – (55 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

Bring water to drink and a mat

\$5 per class

Sun	Mon	Tues	Wed	Thur	Fri	Sat
26	27 10am UCARE	28 9:30am Beg Pilates 5:40p Pilates	29 11am UCARE 6p Zumba	30 10am Zumba Gold	1	2 No class
3	4  Happy 4 th !!	5 9:30am Pilates level 1	6 9:30am Strength & Stretch NO Zumba	7 10am Zumba Gold	8	9 8:30am Zumba TONING With Monica
10	11 9:30am Strength & Stretch	12 9:30am Pilates level 1	13 9:30am Strength & Stretch 6p Zumba	14 10am Zumba Gold	15	16 8:30am Zumba TONING With Monica
17	18 9:30am Strength & Stretch	19 9:30am Pilates level 1	20 9:30am Strength & Stretch 6p Zumba	21 10am Zumba Gold	22	23 8:30am Zumba TONING With Monica
24	25 9:30am Strength & Stretch	26 9:30am Pilates level 1	27 No am class 6p Zumba	28 10am Zumba Gold	29	30 8:30am Zumba TONING With Monica

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

