



At Grand Hall Studio
 217 Oak Street, Farmington
 Email: 217oak@gmail.com
www.studiofitfusion.com
 (651) 460-2701

MARCH 2010

Every Body Welcome
Drop in / Walk in \$10.00
 Bring water to drink, indoor shoes, comfy clothing, a mat if you have one, and a friend!

About the Classes:

TWO NEW YOGA CLASSES!!

Monday March 1st meet Ashley at 6pm Power Yoga

Come in for power yoga where we will strengthen and stretch your body in new ways. We will integrate the core components of yoga and pilates to create the perfect fusion to assist you in achieving all your goals.

Gentle Yoga Tuesday mornings starts March 16th with new instructor Anna
Registration required 651-460-2701

NEW! Zumba on Sundays with Awbria

Kettlebells with Kris

Bring your own kettlebell or rent from Kris just \$2. This is a high intensity class, heart monitor recommended.

Belly Dance POPULAR!

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.

Boot camp with Justin

Justin returns with new moves and a new routine. Prepare to sweat!! No registration required.

Punch Card Discounts:

With a one-time \$25 membership fee.
10 classes for \$80
4 classes for \$45
Non-members \$10 a class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 4pm Zumba w/ Awbria	1 6pm Power Yoga With Ashley	2 5:40pm Pilates 6:45pm Belly Dance	3 1-1:55pm Beginner Pilates 6:30-7:15pm Kettlebells	4 10am Senior Fitness NO PILATES 6:45pm Zumba	5 6pm Zumba w/ Awbria	6 8:30am Boot Camp
7 4pm Zumba w/ Awbria	8 6pm Zumba w/ Awbria	9 5:40pm Pilates 6:45pm Belly Dance	10 1-1:55pm Beginner Pilates 6:30-7:15pm Kettlebells	11 10am Senior Fitness 5:40pm Pilates 6:45pm Zumba	12 6pm Zumba w/ Awbria PROM SALE	13 8:30am Boot Camp PROM SALE
14 4pm Zumba w/ Awbria PROM SALE	15 6pm Power Yoga With Ashley	16 10:30am Yoga ★ With Anna 5:40pm Pilates 6:45pm Belly Dance	17 1-1:55pm Beginner Pilates 6:30-7:15pm Kettlebells	18 10am Senior Fitness 5:40pm Pilates 6:45pm Zumba	19 6pm Zumba w/ Awbria	20 8:30am Boot Camp <u>9am-1pm Easter Bunny PICTURES</u> In ballroom
21 4pm Zumba w/ Awbria	22 6pm Zumba w/ Awbria	23 10:30am Yoga ★ With Anna 5:40pm Pilates 6:45pm Belly Dance	24 1-1:55pm Beginner Pilates 6:30-7:15pm Kettlebells	25 10am Senior Fitness 5:40pm Pilates 6:45pm Zumba	26 6pm Zumba w/ Awbria	27 8:30am Boot Camp
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Prom SALES Event in the Ballroom March 12, 13, 14. All dresses just \$5-\$15!!
 Sponsored by Shidor, Total Care Cleaners and Grand Hall Studio