



At Grand Hall Studio  
 217 Oak Street, Farmington  
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[www.studiofitfusion.com](http://www.studiofitfusion.com)  
 (952) 807-2417

September 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:

### ZUMBA GOLD

This Fun and exciting program is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. 55 minutes

### Zumba Fitness

#### Ditch the workout Join the Party!

#### Mat Pilates

Using the techniques designed by Joseph Pilates. Please bring your own mat and loose fitting clothes. 55 minutes

#### Beginner Pilates

We will practice the basic techniques, core stabilization and proper breathing with movement. 50 minutes

#### Belly Dancing

Learn the basic movements of this ancient art. Improve posture, core strength and muscle isolation. Reserve a spot email

[217oak@gmail.com](mailto:217oak@gmail.com)  
**Kettlebells with Kris**

This is an incredible workout for the experienced exerciser.

#### Yoga/Pilates with Ashley

Please join us this fusion class, the best of Pilates and yoga for a wonderful full body workout.

#### LEARN BALLROOM DANCING with Jeff Chinn

UCARE Enhance Fitness begins this month, This class is designed for participants 65+ This is an insurance paid program for UCARE members. You do not have to be UCARE to participate. Everyone Welcome! Please call if you have questions. 55 minutes

**SENIORS \$5 flat rate**  
**\$25 five time punch card**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 4p Zumba With Awbria	30 10am UCARE 6:30pm Zumba w/ Awbria	31 9:30am Beg. Pilates 5:40pm Pilates 6:45 Zumba w/ Denise	1  11am UCARE <u>6pm Yoga/Pilates</u>	2 11am Z Gold 5:40pm Pilates 6:45 Kettlebells	3  6pm Zumba w/ Awbria	4
5 No class	6 LABOR DAY 10am UCARE No Zumba	7 9:30am Beg. Pilates 5:40pm Pilates 6:45 Zumba w/ Denise	8 11am UCARE <u>6pm Yoga/Pilates</u>	9 11am Z Gold 5:40pm Zumba Toning 6:45 Kettlebells	10  6pm Zumba w/ Awbria	11 Bootcamp coming soon
12 4pm Zumba Sign up required	13 10am UCARE 6:30pm Zumba w/ Awbria	14 9:30am Beg. Pilates 5:40pm Pilates 6:45 Zumba <u>7pm Ballroom Dance</u>	15 11am UCARE <u>6pm Yoga/Pilates</u>	16 11am Z Gold 5:40pm Zumba Toning 6:45 Kettlebells	17  6pm Zumba w/ Awbria	18
19 4pm Zumba Sign up required	20 10am UCARE 6:30pm Zumba w/ Awbria	21 9:30am Beg. Pilates 5:40pm Pilates 6:45 Zumba <u>7pm Ballroom Dance</u>	22 11am UCARE <u>6pm Yoga/Pilates</u>	23 11am Z Gold 5:40pm Pilates 6:45 no class	24  No classes Private party	25 Rocktoberfest
26 4pm NO Zumba	27 10am UCARE 6:30pm Zumba <u>7pm Belly Dance BEGINS</u>	28 9:30am Beg. Pilates 5:40pm Pilates 6:45 Zumba <u>7pm Ballroom Dance</u>	29 11am UCARE <u>6pm Yoga/Pilates</u>	30 11am Z Gold 5:40pm Pilates 6:45 Kettlebells	1  6pm Zumba w/ Awbria	2  ZUMBA GOLD TRAINING 8-5pm

## DROP-IN \$10 a class

### Punch Card Discounts:

With a one-time \$25 membership fee.

10 classes for \$80 - 5 classes for \$45

MONTHLY Unlimited all classes \$75