

STUDIO NORTH - FALL FITNESS CLASSES 2024

1550 E. Washington St. 218-365-2493 www.studionorthely.com

Classes Begin September 16th ~ Fall Session #1 - Runs 7 Weeks

“COMMUNITY & COMMITMENT ~ 26 YEARS STRONG!”

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30PM	H.I.I.T. HIGH INTENSITY INTERVAL TRAINING	FUNCTIONAL STRENGTH TRAINING	H.I.I.T. HIGH INTENSITY INTERVAL TRAINING	FULL BODY YOGA
	60 MINUTES	60 MINUTES	60 MINUTES	60 MINUTES

H.I.I.T.:

High Intensity Interval Training - Get an intense workout with timed body weight exercise intervals. You will be ready to conquer the world at the end of this class!

FUNCTIONAL STRENGTH TRAINING:

These classes will combine cardio with a focus on lengthening and stretching your muscles with the use of bands, weighted bars and other small equipment. Focus will be on maintaining and improving balance. Warm up and cool down included. Classes are FUN and your body will thank you for these workouts. You will walk out with a smile on your face!

FULL BODY YOGA:

You'll use a variety of props including blocks to fully support your body in each pose. Great for all levels, it is a good yoga practice for anyone who has a hard time slowing down, who has experienced insomnia or who struggles with anxiety.

CLASS RATES:

Walk In Rate:

\$14 [\$10 with an active gym membership]

Save \$\$ with Session Rates:

\$294 for Fall Session #1- 7 Weeks - save \$98 [\$238 with an active gym membership - save \$42]

*includes admission to all scheduled classes - can not be prorated or refunded

You provide clean indoor shoes, water bottle & energy! We provide all equipment & fun, safe classes with certified instructors.

****All classes are multi-level and eligible for insurance discounts.****