

August 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CLOSED
2 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	3 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	4 5:45p Fund II/III (B) 6p Aerial Silk Fitness 6:45p Fund I (C)	5 5:30p XaBeat 6:30p Fund I (B) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	6 5:45p Aerial Pole I/II (B) 6:45p Fund I (A) 7:45p Beginners Yoga	7 5:30p Intro to Spin Pole	8 CLOSED
9 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	10 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	11 5:45p Fund II/III (C) 6p Aerial Silk Fitness 6:45p Fund I (D)	12 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (B)	13 5:45p Aerial Pole I/II (C) 6:45p Fund I (B) 7:45p Beginners Yoga	14 CLOSED	15 CLOSED
16 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	17 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	18 5:45p Fund II/III (D) 6p Aerial Silk Fitness 6:45p Fund I (A)	19 5:30p XaBeat 6:30p Fund I (D) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	20 5:45p Aerial Pole I/II (D) 6:45p Fund I (C) 7:45p Beginners Yoga	21 5:30p Intro to Spin Pole	25 CLOSED
23 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	24 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	25 5:45p Fund II/III (A) 6p Aerial Silk Fitness 6:45p Fund I (B)	26 5:30p XaBeat 6:30p Fund I (A) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	27 5:45p Aerial Pole I/II (A) 6:45p Fund I (D) 7:45p Beginners Yoga	28 5:30p Intro to Spin Pole	29 CLOSED
30 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	31 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound					

### Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

*Zero Gravity New Class  
Pound with Marni  
Mondays in August 7:30 pm  
\$15*

zerogravityfargo.com

701-630-5866

*Registration Available Online or by Phone*

**SIGN UP FOR CLASSES TODAY!**

zerogravityfargo.com