

# December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30p Freestyle 5:30p Interm Spin Pole 6:30p Fund I/II (B) 6:30p Fund II/III (B) 7:30p Freestyle 7:30p Aerial Pole I/II © 7:30p Interm Silk Tricks	2 5:30p Beginner Silks 6p Aerial Pole I/II (C) 7p Fund I/II (A) 7p Fund II/III (C)	3 12:15p Barre/Pilates 7p <b>ZG UNDERGROUND BINGO &amp; AFTER DARK SHOWCASE</b>	4 9:30a XaBeat 10:30a Functional Strength Training
5 10a Beginner Pole w/ Rylee 2p <b>Intro to LYRA WKSHP</b> 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	6 10a Progressive Pole 5p Fund I (C) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (A) 7:45p Pound	7 5:30p Fund III-All (B) 6:30p Fund I/II (B) 7p Intro to Silk Tricks 7p Trap Yoga	8 5:30p Freestyle 5:30p Interm Spin Pole 6:30p Fund I/II (C) 6:30p Fund II/III (C) 7:30p Freestyle 7:30p Aerial Pole I/II (D)	9 5:30p Beginner Silks 6p Aerial Pole I/II (D) 7p Fund I/II (B) 7p Fund II/III (D)	10 12:15p <b>FREE Barre/Pilates</b> 6p Friday Night Freestyle	11 10:30a Functional Strength Training
12 10a Beginner Pole w/ Rylee 2p <b>Intro to LYRA WKSHP</b> 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	13 10a Progressive Pole 5p Fund I (D) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (B) 7p Beginner Lyra 7:45p Pound	14 5:30p Fund III-All (C) 6:30p Fund I/II (C) 7p <b>FREE Intro to Silk Tricks</b> 7p Trap Yoga	15 5:30p Freestyle 5:30p Interm Spin Pole 6:30p Fund I/II (D) 6:30p Fund II/III (D) 7:30p Freestyle 7:30p Aerial Pole I/II (A) 7:30p Interm Silk Tricks	16 5:30p Beginner Silks 6p Aerial Pole I/II (A) 7p Fund I/II (C) 7p Fund II/III (A)	17 12:15p Barre/Pilates 6p Friday Night Freestyle	18 9:30a <b>FREE XABEAT</b> 10:30a Functional Strength Training
19 10a Beginner Pole w/ Rylee 2p <b>Intro to LYRA WKSHP</b> 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	20 10a Progressive Pole 5p <b>FUND I FREE CLASS</b> 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (C) 7:45p Pound	21 5:30p Fund III-All (D) 6:30p Fund I/II (D) 7p Intro to Silk Tricks 7p Trap Yoga	22 5:30p Freestyle 5:30p Interm Spin Pole 6:30p Fund I/II (A) 6:30p Fund II/III (A) 7:30p Freestyle 7:30p Aerial Pole I/II (B) 7:30p Interm Silk Tricks	23 6p Aerial Pole I/II (B) 7p Fund I/II (D) 7p Fund II/III (B)	24 CLOSED CHRISTMAS HOLIDAY	25 CLOSED CHRISTMAS HOLIDAY
26 10a Beginner Pole w/ Rylee 2p <b>Intro to LYRA WKSHP</b> 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	27 10a Progressive Pole 5p Fund I (B) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (D) 7p Beginner Lyra 7:45p <b>FREE POUND</b>	28 5:30p Fund III-All (A) 6:30p Fund I/II (A) 7p Intro to Silk Tricks 7p Trap Yoga	29 5:30p Freestyle 5:30p Interm Spin Pole 6:30p Fund I/II (A) 6:30p Fund II/III (A) 7:30p Freestyle 7:30p Aerial Pole I/II (B) 7:30p Interm Silk Tricks	30 5:30p Beginner Silks 6p Aerial Pole I/II (C) 7p Fund I/II (A) 7p Fund II/III (C)	31 CLOSED NEW YEARS HOLIDAY	

**Zero Gravity Alternative Fitness**  
3350 35th Ave S. Suite 7, Fargo ND  
701-630-5866

Visit [zerogravityfargo.com](http://zerogravityfargo.com)  
to Register for Classes

*Did SOMEboDY SAY Bin600000??!! Dec 3rd, 7pm, Cost \$15*

*INTRO to LYRA Workshop*  
*Sundays in December, 2 pm*  
*12/5, 12/12, 12/19, 12/26*  
*Cost \$125*

## **FREE CLASSES:**

FUND 1- Dec 20 @ 5p  
BARRE- Dec 10 @ 12:15p  
XABEAT- Dec 18 @ 9:30a  
POUND- Dec 27 @ 7:45p  
INTRO SILKS- Dec 14 @ 7p