

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10a Intro Spin Pole 11a Fund I (B)
2 5p Tricks & Transition 6:30p Fund I-III (A) 7p Aerial Yoga	3 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 7:45p Fund I (C) 8:45p Pole-ates	4 6p Fund I (D) 6p Aerial Silk Fitness 7p Fund II/III (D)	5 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)	6 12p Guided Freestyle 5p FREE Aerial Silk Fitness 6p Aerial Pole I/II (C) 7p Fund I (B) 8p Yoga	7 12p Barre 6p Floorwork 7p Flow	8 10a Intro Spin Pole 11a Fund I (C) *1p CHAIR DANCE WKSHP
9 *1p CHAIR DANCE WKSHP *4p TWERK-OUT CLASS 5p Tricks & Transitions 6:30p Fund I-III (B) 7p Aerial Yoga	10 6p Aerial Pole I/II (B) 7:45p Fund I (D) 8:45p Pole-ates	11 6p Fund I (A) 6p Aerial Silk Fitness 7p Fund II/III (A)	12 5:30p FREE XaBeat 6:30p Fund I (B) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	13 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (D) 7p Fund I (C) 8p Yoga	14 6p Floorwork 7p Flow	15 10a Intro Spin Pole 11a Fund I (D)
16 *4pm INTRO YOGA WKSHP 5p Tricks & Transitions 6:30p Fund I-III (C) 7p Aerial Yoga	17 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 7:45p Fund I (A) 8:45p Pole-ates	18 6p Fund I (B) 6p Aerial Silk Fitness 7p Fund II/III (B)	19 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)	20 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (A) 7p Fund I (D) 8p Yoga	21 12p Barre 6p Floorwork 7p Flow	22 10a Intro Spin Pole 11a FREE POLE Fund I
23 *4pm INTRO YOGA WKSHP 5p Tricks & Transitions 6:30p Fund I-III (D) 7p Aerial Yoga	24 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 7:45p Fund I (B) 8:45p FREE Pole-ates	25 6p Fund I (C) 6p Aerial Silk Fitness 7p Fund II/III (C)	26 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)	27 6p Aerial Pole I/II (B) 7p Fund I (A) 8p Yoga	28 12p Barre 6p Floorwork 7p Flow	29

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

zerogravityfargo.com

701-630-5866

CHECK OUT OUR SPECIAL EVENTS

New Pole Fundamentals I Sessions

4 Classes for only \$50

Tuesdays starting February 11th @ 6pm

Thursdays starting February 27th @ 7pm

Space is very limited - please call to register

FREE CLASSES

Aerial Fitness: February 6th @ 5 pm

Pole: February 22nd @ 11 am

XaBeat: February 12th @ 5:30 pm

Pole-ates: February 24th @ 8:45 pm

SIGN UP FOR CLASSES TODAY!

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