

zerogravityfargo.com

October 2022

call us 701-630-5866

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30a Functional Strength* 10:30a Aerial Freestyle
2 3p Youth Aerial Arts 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	3 10a Progressive Pole* 5:30p Functional Mobility 5:30p Tricks & Transitions 6:30p Pole Fund I (A)	4 5:30p Intro/Beginner Lyra 5:30p Fund I/II (C) 6:30p Twerk-Out 6:30p Functional Strength* 7p Intro to Silk Tricks	5 10a Progressive Pole* 5:30p Beginner Silks 5:30p Progressive Pole 5:30p Pole Freestyle 6:30p Advanced Lyra 6:30p Pole Freestyle 7:30p FREE Pole Fund I	6 5:30p Beginner Silks 5:30p Aerial Pole III/Adv I (D) 6p Aerial Pole I/II (A) 6:30p Mixed Levels Spin Pole	7 12p Intro Silk Tricks 12:15p Barre 1p Progressive Pole* 6:30p Heels & Style	8 10:30a Functional Strength* 10:30a Aerial Freestyle
9 5p Progressive Pole*	10 10a Progressive Pole* 5:30p Functional Mobility 5:30p Tricks & Transitions 6:30p Pole Fund I (B)	11 4p Functional Strength* 5:30p Intro/Beginner Lyra 5:30p Fund I/II (D) 6:30p FREE Twerk-Out 6:30p Functional Strength*	12 10a Progressive Pole* 5:30p Beginner Silks 5:30p Progressive Pole 5:30p Pole Freestyle 6:30p Advanced Lyra 6:30p Pole Freestyle 7:30p Pole Fund I/II (B)	13 5:30p Beginner Silks 5:30p Aerial Pole III/Adv I (A) 6p Aerial Pole I/II (B) 6:30p Interm Lyra 6:30p Mixed Levels Spin Pole	14 12p Intro Silk Tricks 12:15p FREE Barre 1p Progressive Pole* 5:30p Aerial Silk Yoga 6:30p Heels & Style 6:30p Pole Freestyle	15 10:30a Functional Strength* 10:30a Aerial Freestyle
16 3p Youth Aerial Arts 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	17 10a Progressive Pole* 5:30p Functional Mobility 5:30p Tricks & Transitions 6:30p Pole Fund I (C) 7:45p Pound	18 4p Functional Strength* 5:30p Intro/Beginner Lyra 5:30p Free Pole Fund I 6:30p Twerk-Out 6:30p Functional Strength* 7p Intro to Silk Tricks	19 10a Progressive Pole* 5:15p Pole Fund I/II (B) 5:30p Beginner Silks 5:30p Progressive Pole 6:30p Advanced Lyra 7:30p Pole Fund I/II (C)	20 5:30p Beginner Silks 5:30p Aerial Pole III/Adv I (B) 6p Aerial Pole I/II (C) 6:30p Interm Lyra	21 12p FREE Intro Silk Tricks 1p Progressive Pole* 5:30p Aerial Silk Yoga 6:30p Heels & Style	22 10:30a Functional Strength* POLETERGEIST V Windbreak Fargo Doors 5:30p/Show 6p
23/30 No Youth or Adult Lyra on Oct 23 3p Youth Aerial Arts 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	24/31 10a Progressive Pole* 5:30p Functional Mobility 5:30p Tricks & Transitions 6:30p Pole Fund I (D) 7:45p Pound Oct 31 - EVENING CLASSES CANCELED - HALLOWEEN	25 4p Functional Strength* 5:30p Intro/Beginner Lyra 5:30p Fund I/II (B) 6:30p Twerk-Out 6:30p Functional Strength* 7p FREE Intro to Silk Tricks	26 10a Progressive Pole* 5:15p Pole Fund I/II (C) 5:30p Beginner Silks 5:30p Progressive Pole 6:30p Advanced Lyra 7:30p Pole Fund I/II (D)	27 5:30p Beginner Silks 6p Aerial Pole I/II (D) 6:30p Interm Lyra 6:30p Mixed Levels Spin Pole	28 12:15p Barre 1p Progressive Pole* 5:30p Aerial Silk Yoga 6:30p Heels & Style	29 10:30a Functional Strength*

Zero Gravity Alternative Fitness

33350 35th Ave S. Suite 7, Fargo ND 58104

to schedule call : 701-630-5866

or visit: zerogravityfargo.com

FREE CLASSES:

Intro to Silk Tricks - Oct 21st @ 12p / Oct 25th @ 7p

Pole Fund I - Oct 5th @ 7:30p / Oct 18th @ 5:30p

Barre- Oct 14th @ 12:15p **Twerk Out** - Oct 11th @ 6:30p