

Julie's Fitness Studio

1334 Willamette Falls Dr. West Linn

www.jfitnessstudio.com

503-888-5519

jrfoodfit@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15- 9:15am Body Sculpt w/ Julie *Zoom and recording available	8:15- 9:15am Yoga w/ Julie * Zoom and recording available	8:15- 9:15am Body Sculpt w/ Julie *Zoom and recording available	8:15- 9:15am Yoga w/ Julie *Zoom and recording available	8:15- 9:15am Cardio Sculpt w/ Julie *Zoom and recording available		
9:30- 10:30am Body Sculpt w/ Julie *Zoom and recording available	9:30- 10:30am Gentle Yoga w/ Julie * Zoom and recording available	9:30- 10:30am Body Sculpt w/ Julie *Zoom and recording available	9:30- 10:30am Gentle Yoga w/ Julie * Zoom and recording available	9:30- 10:30am Cardio Sculpt w/ Julie *Zoom and recording available		9:00-10:00am Sunday Circuit & Smoothie w/ Julie Once per month 9/28, 10/26, 11/23, 12/21
Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00	Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00	Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00	Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00	Private Individual or Group Training and Nutrition Consultations by appt only 11:00-2:00		
		5:00- 6:00pm Plant Based Cooking Demo w/ Julie Once per month 9/10, 10/15, 11/12, 12/10 *Recording available				

Pricing and Descriptions of Classes

Body Sculpt: Mon & Wed 8:15- 9:15am OR 9:30- 10:30am

Full body strengthening class using hand weights.

In-person, virtual Zoom and Recorded classes available

Yoga: Tues & Thurs 8:15- 9:15am OR **Gentle Yoga:** 9:30- 10:30am

Vinyasa flow style class focusing on breathing through the movements.

In-person, virtual Zoom and Recorded classes available

Cardio Sculpt: Fri 8:15- 9:15am OR 9:30- 10:30am

Full body strengthening mixed with high intensity cardio intervals.

In-person, virtual Zoom and Recorded classes available

Class Prices:

In-Person classes:

- \$130 per month for unlimited, in-person classes. \$200 per month for couples unlimited, in-person classes. Access to Zoom and recorded classes as well. One free guest pass per month.
- \$130 for a 10-class pass (expires 3 months after purchase)
- \$15 drop in

Virtual Zoom & recorded classes:

- \$100 per month for unlimited virtual Zoom and recorded classes. \$150 per month for couples.
- \$100 for a 10-class pass for Zoom & recordings
- \$12 per Zoom & recorded class

Extra Services:

Plant based Cooking Demo: Wed 5:00- 6:00pm, once per month on: 9/10, 10/15, 11/12, 12/10 *Interact with me while I cook a seasonal, plant based meal. Learn about the ingredients and nutritional properties of the food. Taste the meal at the end and leave with the recipe! Recorded class available. \$25 per live class. \$10 for the recording.*

Sunday Circuit & Smoothie: Sun 9:00-10:00am, once per month on: 9/28, 10/26, 11/23, 12/21

Get your sweat on in this upbeat cardio circuit class! Choose your intensity level to maximize your workout and follow it up with a healthy smoothie to refuel the body. Watch me make the smoothie and learn about the ingredients. Go home with the recipe. \$25

Private Training OR Nutrition Consultations: *Want to get on the right track to a healthier and happier way of being? Schedule a one-hour consultation with me! \$100 per hour*

Julie Richardson, RD, LD

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