

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		9:30- 10:30am Yoga for beginners w/ Julie	9:30- 10:30am Body Sculpt w/ Julie		8:30-9:45am Circuit & Smoothie w/ Julie Once per month 9/19, 10/24, 11/21, 12/19	
	12:00- 1:15pm Plant Based Cooking Demo w/ Julie Once per month 9/8,10/13, 11/10, 12/8 *Recording available	***POP UP*** Menopause Lecture & Cooking Demo w/ Dr. Denmark Wed, 9/23 @ 12:00- 2:00pm \$55 RSVP by 9/20		***POP UP*** Girl Power & Smoothie (ages 11-14) w/ Julie Fri, 9/25, 10:00- 11:20am \$25		
Private Training & Nutrition Consults by appointment only		***Private Group Cooking Class (min 6 people) by appointment only***		***Studio Rentals available*** (tables/ chairs/ equipment available w/ small fee)		

Class Descriptions

- **Body Sculpt:** Mon 8:15- 9:15am & 9:30- 10:30am; Wed 8:15- 9:15am; Thurs 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 & **Yoga for beginners:** Wed 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
Full body strengthening mixed with high intensity cardio intervals.
In-person, virtual Zoom and Recorded classes available

Extra Services

- **Plant based Cooking Demo:** Tues 12:00- 1:30pm, once per month on: 9/8, 10/13, 11/10, 12/8
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. \$35 per live class. \$10 for the recording.
- **Weekend Circuit & Smoothie:** 8:30- 9:45am, once per month on: 9/19, 10/24, 11/21, 12/19
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's Fitness Studio

Unlimited Plus Membership

- \$160 per month (payment is due on the 1st of each month)
Venmo (@Julie-Richardson-12), cash, check (made out to Julie Richardson) or PayPal (w/ \$5 service fee)
- Unlimited, in-person classes and access to the monthly Circuit & Smoothie AND Plant Based Cooking classes!
- Access to Zoom and all class recordings
- 2 free guest passes per month *(for new members only)*
- Free 20 minute monthly in-person health check-in & weekly text check-ins

Basic Unlimited Membership

- \$130 per month (payment is due on the 1st of each month)
Venmo (@Julie-Richardson-12), cash, check (made out to Julie Richardson) or PayPal (w/ \$5 service fee)
- \$200 per month for couples unlimited, in-person classes *(must be living in the same household)*
- Access to Zoom and all class recordings
- 1 free guest pass per month *(for new members only)*

10- Class Pass Membership

- \$130 for access to basic weekly, in-person, Zoom, or Recorded fitness classes *(expires 3 months after purchase)*
Venmo (@Julie-Richardson-12), cash, check (made out to Julie Richardson) or PayPal (w/ \$5 service fee)

Virtual Zoom & Recorded Classes- Unlimited

- \$100 per month (payment is due on the 1st of each month)
Venmo (@Julie-Richardson-12), cash, check (made out to Julie Richardson) or PayPal (w/ \$5 service fee)

Drop in- \$15