

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			9:00-10:15am Circuit & Smoothie w/ Julie Once per month 5/17, 6/20, 7/25, 8/23
11:00-11:45am Kids Yoga (ages 9-12) w/ Julie 8- week summer series , 6/8, 6/15, 6/22, 7/6, 7/27, 8/3, 8/10, 8/24	12:00- 1:15pm Plant Based Cooking Demo w/ Julie Once per month 5/12, 6/9, 7/14, 8/11 *Recording available			10:00- 11:15am Girl Power & Smoothie (ages 11-14) w/ Julie 8- week summer series , 6/12, 6/19, 7/10, 7/24, 7/31, 8/7, 8/21, 8/28		
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: 5/12, 6/9, 7/14, 8/11
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:** 9:00-10:00am, once per month on: 5/17, 6/20, 7/25, 8/23
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*
- **Kids Yoga (ages 9- 12):** 8- week summer series, Mon 11:00- 11:45am, 6/8, 6/15, 6/22, 7/6, 7/27, 8/3, 8/10, 8/24
Gain flexibility, strength, focus and calming techniques in this class designed for kids.
\$120 for 8 classes or \$60 for 4 classes
- **Girl Power & Smoothie (ages 11- 14):** 8- week summer series, Fri 10:00- 11:15am, 6/12, 6/19, 7/10, 7/24, 7/31, 8/7, 8/21, 8/28
Build strength and confidence in this class designed for middle school aged girls.
\$200 for 8 classes or \$100 for 4 classes

Julie's Fitness Studio

NEW- 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