

Class Schedule

- Complete Wellness for Every Age, Every Level, & Every Body!
(all classes are custom-designed with progressive exercises for each individual in mind)
- 2-8 people/class for the tailored-training experience

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-----------|-----------------|-------------------|----------------|---|----------------------------|----------------|
| 6:00 am | | | | | HPT (Boot) | Boot | |
| 8:00 | *\$5 Boot | | | | | | |
| 8:30 | | | Boot | | Boot | | |
| 9:00 | | | | | | | Boot |
| 9:30 | Boot | | | | | | |
| 10:00 | | Boot | Cardio | Boot | Cardio | Boot | Contact Boxing |
| 11:15 | | Cardio | | Hip Hop Cardio | | Cardio | |
| 12:00 pm | | | | | | | Hip Hop |
| 1:00 | | | Boot | | Boot | Beginning Dance (ages 4-6) | |
| 2:00 | | | | | | | |
| 4:30 | | Boot | Cardio | Boot | Cardio/Boot (Grades 2nd-6th) | Cardio | |
| 5:30 | | Boot | Boot | Cardio | Boot (Grades 7th-12th & Adults too!) | Boot | |
| 6:30 | | Pilates or Yoga | Boot | Pilates | Boot | Pilates | |
| 7:30 | | | † Boot (Advanced) | | Boot (Advanced) | | |

*10% of proceeds go to our neighborhood Parks & Rec

† Free Community Class

The Fixx

Workout Studio | 50th & Xerxes

5004 Xerxes Ave. S.
Minneapolis, MN 55410

www.TheFIXXworkoutstudio.com

For more details: christy@theFIXXworkoutstudio.com

612.929.FIXX (3499)

Class Descriptions

First Class is Always On the House!

■ **CARDIO • MIND/BODY • DANCE FIXX**

Cardio Conditioning & Happy Hour: Whole Body Cardiovascular (Endurance) Training & Stretch

Yoga Stretch: Hatha Yoga/Active Isolated Stretch (AIS), Corrective Exercise & Flexibility Conditioning

Pilates Stretch: Mat & Ballet Barre Work/Core Strength & Flexibility Conditioning

Ballet (Contemporary): Barre, Mat, & Floor Work/Ballet & Modern Dance Choreography/Whole Body Stretch

Hip Hop: (Original) Dance Choreography set to R&B, Rap, & Pop Music/Whole Body Stretch

Modern Dance: (Abstract) Dance Choreography (often Lyrical or Ballet) set to Alternative/Various Music & Stretch

Hell On Heels: Stiletto/Barefoot (w/ & w/o Props), Burlesque-like Dance, Combinations, & Choreography/Whole Body Stretch

Tap: Original/Rhythmic (steel-shank) Tap, Steps, Combinations, & Choreography

Dance (Beginning): Ballet, Lyrical, & Modern Dance Influenced Steps, Combinations, & Whole Body Stretch

Active Isolated Stretch (AIS): Whole body (active) muscle and fascia stretch that improves one's flexibility & alleviates pain

(AIS is used by top International athletes)

■ **MUSCULAR • STRENGTH • PERFORMANCE TRAINING FIXX**

(All) Boot (Bootcamp) & Hot Mommas: High-Intensity/Progressive Whole Body Training & Stretch (Open Boot is FREE for our neighbors and community! Outdoor Boot is FREE, meet outside of our neighbors, lululemon, across from Marathon Sports, we'll head down to Lake Harriet for an anything goes Whole Body Bootcamp & Cardio! *If any rain, even a sprinkle...meet at The Fixx, for safety!)

High-Performance Training (HPT): High-Intensity/Athletic-Driven Circuit Intervals & CrossFit™ Training

Lunch Bunch: Modified Whole Body Training & Stretch

Boxing (Contact): High-Intensity/High-Impact Boxing & Kick Boxing/Strength & Conditioning, UFC Certified Gear™

** Classes subject to change, please contact The Fixx for the latest updates

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