

# 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						Kettlebell Conditioning
8:30			Boot		Boot		
9:00							Boot
9:30	Boot						
10:00		Boot	Cardio	Boot	Cardio	Boot	Contact Boxing
11:15		Cardio	Yoga	Hip Hop Cardio	Yoga	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](http://www.TheFIXXworkoutstudio.com)

For more details: [christy@theFIXXworkoutstudio.com](mailto: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

# The Fixx

Workout Studio | 50th & Xerxes

5004 Xerxes Ave. S.  
Minneapolis, MN 55410

[www.TheFIXXworkoutstudio.com](http://www.TheFIXXworkoutstudio.com)

For more details: [christy@theFIXXworkoutstudio.com](mailto:christy@theFIXXworkoutstudio.com)

612.929.FIXX (3499)