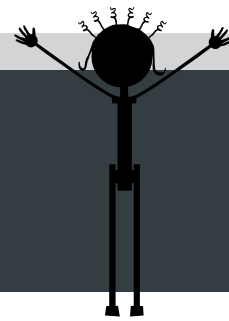




uplifted

WELLNESS STUDIO



Monday

6:00-6:45AM
4:00-5:00PM
5:30-6:30PM

Power Flow
Unwind
Barre Yoga

Gina
Gina
Gina

Tuesday

9:00-9:45AM
4:00-5:00PM
5:30-6:30PM

Chair Yoga @ Heartwood
Unwind
Barre Yoga

Jill
Gina
Gina

Wednesday

6:00-6:45AM
9:00-10:00AM

Power Flow
Level 1& 2

Gina
Jill

Thursday

8:30-9:30AM
12:00-12:30PM
4:00-5:00 PM
5:30-6:30 PM

Mainly Men
Qi Gong
Slow Flow
Level 1 & 2

Jill
Jill
Lori
Lori

Friday

6:00-6:45 AM
9:00-10:00AM

Power Flow
Restorative

Gina
Jill

Saturday

9:00-10:00AM

Level 1 & 2

Jill

Jill Mattson
(218) 851-4337

Gina Odle
(218) 866-0939

Lori Guin

\$10.00 Drop in rate
Punch Cards available
Monthly Memberships
***Schedule is subject to change**