

G FITNESS

CARDIO KARATE

Tuesday 8:30pm / Wednesday 6:10pm

Cardio Karate is similar to Cardio Kickboxing. It incorporates a full body workout that will keep your body moving during this full hour aerobic activity. Instructor works on exercises to tone your arms, legs, core and back.

ZUMBA WITH JILL LAWRENCE

Monday 7:20pm / Thursday 7:20pm

Saturday 8:15am

Zumba is a mix of Latin rhythms and easy-to-follow moves to give you a one-of-a-kind fitness class that will keep you coming back for more. Classes feature interval routines where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

(Description summary from Zumba site)

PERSONAL TRAINING

Looking for a trainer at an affordable price? Our training sessions take place in a personal private environment, no gym membership required or people gawking. Contact the front desk at Gasper's School of Dance for more information, trainer information and times.

CONTACT US

Gasper's School of Dance
524 7th Street N
Fargo, ND 58102
Ph: 701.234.9440
www.gasperschoolofdance.com

CIRCUIT TRAINING

Saturday 9:30am

Build your muscle tone with circuit training class. Certified Personal Trainer, Matt Gasper, will take you through a series of exercises that focus on your fitness goals that will give you the results you have been looking for; by using strength, cardio & balance exercises.

POSITIVE MOTION

Monday 8:30pm / Tuesday 4:00pm

Positive Motion is a class that fuses hip hop with cardio fitness. It helps dancers and non-dancers feel motivated to be healthy and workout in an energetic, high-paced, environment. Leave all your cares at the door and let loose with founder Patrick Kasper.

RATES

Unlimited Monthly Pass	\$50.00 / Month
Punch Card	\$25.00 / Card
Pay As You Go	\$10.00 / Class
Personal Training	Contact Front Desk

NO REGISTRATION FEE!

