

EXPRESS EXERCISE CLASS

Express Exercise Classes are short 40-45 minute small group exercise classes held at the OSI Lino Lakes office. As a class participant, you receive the attention of the instructor to insure your needs and goals are met. Classes are small, 6-8 people, so the instructor can attend to your level of exercise and make accommodations to your workout.

** Classes are led by licensed Physical Therapists, or NASM Cert. Personal Trainer who have the knowledge to get you the best results.

GET TO THE CORE

Begins January 18th
Tuesdays 6:30 – 7:15 am

Training with stability balls and gym balls, challenging the core muscles of the abs and back in an intense and dynamic workout
6 week duration

CARDIO/STRENGTH CIRCUIT

Begins January 18th
Tuesdays 6:15 – 7:00 pm
Thursdays 6:30 – 7:15 am

Combined Aerobic and Strength Circuit Training
6 week duration

FITNESS YOGA

Begins February 11th
Thursdays 5:45 – 6:30 pm

Yoga postures are dynamically flowed together to strengthen, stretch, and relax
6 week duration

ASK US ABOUT
CORPORATE
DISCOUNTS WHEN
YOU BRING 3
CO-WORKERS TO
CLASS!

COST:

Per Class Session. . . \$7
Per 6 Week Class. . . \$36
Punch Card for 10 Sessions. . \$60
(punch cards good for any class)

CONTACT US TODAY
TO SIGN UP FOR
YOUR CLASS
OR
TO ANSWER ANY
QUESTIONS ABOUT
THE CLASSES OR
FACILITY

PHONE: 651-784-7866
FAX: 651-784-7870

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