



2010 Special Program Schedule for August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 TRX POWER MIX 6:00-7:00am	03 EVOLVE RUN CLUB 5:15-6:30pm	04 TRX POWER MIX 6:00-7:00am	05	06 TRX POWER MIX 6:00-7:00am	07 EVOLVE RUN CLUB 8:00-10:00am
08	09 TRX POWER MIX 6:00-7:00am	10 EVOLVE RUN CLUB 5:15-6:30pm	11 TRX POWER MIX 6:00-7:00am	12	13 TRX POWER MIX 6:00-7:00am	14 EVOLVE RUN CLUB 8:00-10:00am
15	16 TRX POWER MIX 6:00-7:00am	17	18 TRX POWER MIX 6:00-7:00am	19	20 TRX POWER MIX 6:00-7:00am	21 E-WEEKEND BOOT CAMP 11:30am - 1:00pm
22 E-WEEKEND BOOT CAMP 8:00-9:30AM	23 TRX POWER MIX 6:00-7:00am	24 EVOLVE RUN CLUB 5:15-6:30pm MOVIE & SPIN 7-9pm	25 TRX POWER MIX 6:00-7:00am	26	27 TRX POWER MIX 6:00-7:00am	28 EVOLVE RUN CLUB 8:00-10:00am
29	30 TRX POWER MIX 6:00-7:00am	31 EVOLVE RUN CLUB 5:15-6:30pm	01 TRX POWER MIX 6:00-7:00am	02	03 TRX POWER MIX 6:00-7:00am	04 EVOLVE RUN CLUB 8:00-10:00am

(A) Adapt: Beginners (J) Journey: Intermediate (E) Evolve: Advanced

WEEKEND BOOT CAMP: \$35 for the weekend:\$20 a day.
Come ready for an intense two a day, two weeks of working out. We will be spinning, running (weather depending), lifting, Med ball, core training, plyometrics, beach workouts, and yoga. These two weeks will be full of kick ass workouts that will leave you feeling like a new person.

EVOLVE RUNNING CLUB: \$75 for the program
Join us twice a week and let us help you get ready for the running season. Whether you are training for Grandma's Half or Full marathon, or any other race this summer, let us help you get race ready by increasing speed, power, and endurance with our specific training plan.

Power Mix: \$30 Power Pass for 5 classes
A Powerful Mix of TRX, Med ball, Weights & Cardio bursts. High intensity, interval workouts are the latest training buzz. This new 60 minute class features interval training designed to hit core strength, muscular endurance, stability and cardio -- all in one workout! This powerful combination of TRX (suspension strength training), Med ball, Weights (functional strength training), and Spinning/ Cardio sets will have you fit in no time.

SPIN & A MOVIE: \$15 for the night
Hop on the bike and pop in a movie. Get a dynamic, fat burning workout while watching a movie.

Purchase program passes at Studio, 132 E Superior Street. Walk-ins are welcome, showers are available.
For more information • call: 218340.7833 • email: evolveduluth@gmail.com • online: www.evolveduluth.com