



FITNESS

Faith-Based Fitness for Adults & Kids

Monday

7:15-8 pm Rock & Move Drumstick Workout

Tuesday

7:45-8:30am Grace & Movement Pilates

8:30-9:15am Rock & Move Drumstick Workout

9:15-10am Bar Fusion

10-10:45am Gentle Movements

Thursday

8-8:45am Grace & Movement Pilates

8:45-9:30am Rock & Move Drumstick Workout

9:30-10:15am Bar Fusion

7-7:45pm Grace & Movement Pilates

8:30-9 pm Wellness Stretch Class Ages 9-Adult

Friday

4:45-5:30pm Kids Faith-Based Rhythm & Move, Ages 5-12



612-494-6636



cindy@graceandwellness.co



graceandmovement.com



14551 Judicial Rd. Suite #400
Burnsville, MN 55306

Price Per Class:

30 min \$10

45 min \$15

60 min \$20

Package: Buy 5 Classes -

Get Your 6th One - Free!

Dates Grace & Movement will be closed (2025-2026):

MEA: October 15th, 2025 - October 18th, 2025

Halloween: October 31st, 2025

Thanksgiving Break: November 27th-29th, 2025

Christmas Break: December 22nd, 2025 -

January 3rd, 2026

MLK Day: January 19th, 2026

Spring Break: March 30th-April 4th, 2026

General Conduct & Respect:

Respect for others: Members should treat each other with courtesy and respect, regardless of background or fitness level.

Appropriate language: Using foul language, or engaging in disruptive behavior is prohibited.

Personal space: Being mindful of others' space and not interfering with their workouts is important.

Appropriate attire: Wearing clean, modest workout attire.

Weather Cancellations:

Grace & Movement will NOT refund the indicated class fee for class cancellations due to weather or other circumstances beyond our control. Cancellations will be communicated via email.

Fitness at 

nurtures an environment that motivates and encourages personal strength and growth. As a faith-based organization, our goal is to prioritize our bodily health as much as our spiritual health. Our fitness classes are a Christ centered way to steward ourselves.