



Fitness in the Parks

from

Saint Paul Parks and Recreation

2017 Schedule

Rice Park
Boyd Park
Langford Park
Mears Park
Phalen Regional Park
Iris Park
Horton Park
Highland Park
Mattocks Park
Como Regional Park
Cherokee Regional Park
Summit Overlook Park
Hidden Falls Regional Park
Harriet Island Regional Park
Raspberry Island Regional Park
Kellogg Mall Park
Culture Park
Indian Mounds Regional Park



Follow us [@FitnessStPaul](https://twitter.com/FitnessStPaul)

Learn more at stpaul.gov/fitnessintheparks.

About Fitness in the Parks

Fitness in the Parks is a free outdoor exercise program that brings a variety of fitness activities to many of Saint Paul's beautiful parks. Classes are led by local businesses and fitness instructors who have partnered with the City of Saint Paul.

Getting started is easy—just pick a class you like and show up! There is no registration and classes are free and open to all fitness levels. Unless otherwise noted, classes run through September 30. Please note that all classes are subject to change without notice. Please go to stpaul.gov/fitnessintheparks to view the most up-to-date schedule.

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Weather Cancellations

If it is raining at a class location within one half hour before a scheduled class time, or if the location is deemed too wet or unsafe, that class will be canceled.

Contact

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Locations

Bike Rides Seven Spokes Bike Shop, 1044 Cleveland Ave. S.	4
Boyd Park 335 Selby Ave.	4
Cherokee Regional Park 700 Cherokee Heights Blvd.	5
Como Regional Park 1199 Midway Pkwy.	6-7
Culture Park 122 Kellogg Blvd. E	7
Harriet Island Regional Park 200 Dr. Justus Ohage Blvd.	8
Hidden Falls Regional Park 1313 Hidden Falls Dr.	9
Highland Park 1200 Montreal Ave.	9
Horton Park 1383 W Minnehaha Ave.	9
Indian Mounds Regional Park 10 Mounds Blvd.	10
Iris Park 1850 University Ave. W.	10
Kellogg Mall Park 62 E Kellogg Blvd.	11
Langford Park 30 Langford Park.	11
Mattocks Park 451 Macalester St.	12
Mears Park 221 5th St. E.	12-13
Phalen Regional Park 1600 Phalen Dr.	14
Raspberry Island Regional Park 2 Wabasha St.	15
Rice Park 109 4th St. W.	16
Summit Overlook Park 418 Summit Ave.	17-18

For large parks, please see the class listings for specific meeting locations.

Bike Rides

Saturday, June 10, July 8, & August 12 from 9am- 11am — Bike Rides

Alicia Van Zant from Seven Spokes Bike Shop

Meet at Seven Spokes Bike Shop at 1044 Cleveland Ave. S. Bike rides are based on the abilities of the participants. Routes will be determined the day of the ride to ensure that everybody can participate.

Boyd Park

Mondays at 5:45am- Outdoor Boot Camp

Cathy Quinlivan from YWCA St. Paul

A cross between a calorie-blasting bootcamp and functional strength training. Class will include higher reps, body weight training, cardio training and core exercises.

Tuesdays at 5:30pm- Total Body Conditioning II

Jackie Mart from YWCA St. Paul

Utilizing weights, jump ropes, BOSU balls and more, this workout focuses on strength training at a slower pace, with extra emphasis on developing core strength

Saturdays at 8:30am- Total Body Conditioning I

Scott Burger from YWCA St. Paul

A cross between a calorie-blasting boot camp and a more traditional strength training class, Total Body Conditioning I uses higher reps, heavier weights, faster cardio and more challenging core exercises.

Saturdays at 9:40am- Total Body Conditioning II

Scott Burger from YWCA St. Paul

Utilizing weights, jump ropes, BOSU balls and more, this workout focuses on strength training at a slower pace, with extra emphasis on developing core strength.

Cherokee Park

Mondays at 5:00 p.m. - Interval Training

Mia from St. Paul Parks and Recreation

Includes Tabata, HIIT, low -intensity work-outs. Mostly body weight movements with different work and rest periods. Interval training speeds up metabolism and increases endurance.

Modifications can be made to suit all abilities.

Tuesdays and Thursdays at 5:00 p.m. – Bootcamp

Alyssa from Saint Paul Parks and Recreation (no classes the week of 6/5 or 7/3)

Designed to build strength and fitness through a variety of intense group intervals.

Tuesdays and Thursdays at 6:00 p.m. – Butts & Gutts

Alyssa from Saint Paul Parks and Recreation (no classes the week of 6/5 or 7/3)

Focus on standing and mat work for joint stability and muscular strength in the torso and lower body. EX: different squats, lunge matrix, mat work, and tones of core work. Please bring a mat.

Como Park

Tuesdays and Thursdays at 8:00 a.m. – Yoga for the Body Mind & Soul

Jermaine of St. Paul Parks and Recreation

Meet at the Schiffman Fountain. Yoga for the Body, Mind & Soul provides light stretching and flexibility enhancing movements especially in weak or injured joints. Perfect for those new to yoga, suffering from chronic pain, and wanting to correct muscle imbalances.

Tuesdays and Thursdays at 9:15 a.m. – Walk with a Trainer

Jermaine of St. Paul Parks and Recreation

Meet at the Schiffman Fountain. Enjoy the beautiful sites of Como Lake and walk it out with a certified personal trainer. This is the perfect time to ask any health related questions, or any fitness goals/tips you might need an extra boost with. You can get it all during your beautiful scenic walk with a trainer. Join in on the fun!

Tuesdays and Thursdays at 11:00 a.m. – Total Body Fitness

Jermaine from St. Paul Parks and Recreation

Meet at the Schiffman Fountain. Increase your Strength, Flexibility, Mental Focus, and Overall Health with this Total Body Exercise Experience! Each session will start with an integrated flexibility based warm-up, followed by a Complete Core Based workout. Work at your own pace while targeting your favorite body parts: Legs, Abs, glutes, and Arms! Your cool down will consist of Yoga Flexibility & Relaxation techniques at the end of each class.

Mondays from 8 to 11:00 p.m. – Capture the Flag

Are you looking for a fun, fast-paced place to make new friends and stay active? Join us at Como Park for Capture the Flag! Whether you are looking to try out for a new sport, or a place to hone your skills, this is the place to be! Our community has been meeting weekly for over ten years with players of all different skill and activity levels, from ages four to eighty-four; all are welcome!

We keep things nice and simple, and we request that you bring your own water as well as any snacks you may want or need during the game.

While everyone is welcome, those who are sixteen and older may tire less easily from each game. We encourage folks to sit out when they are tired, hurt or do not feel well, as safety and happiness is our main priority.

Gameplay rules will be gone over before each night for newcomers. Hope to see you there!

Como Park

Thursdays from 6:00 to 9:00 p.m. – Capture the Flag

Are you looking for a fun, fast-paced place to make new friends and stay active? Join us at Como Park for Capture the Flag! Whether you are looking to try out for a new sport, or a place to hone your skills, this is the place to be! Our community has been meeting weekly for over ten years with players of all different skill and activity levels, from ages four to eighty-four; all are welcome!

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Wednesdays at 8:30 a.m. - Tai Chi Chih

Marlene Vernon

Marlene Vernon is an accredited Tai Chi Chih instructor who has offered classes through Humana, Mpls Community Education, Shoreview YMCA, and a local Buddhist Studies Center. She looks forward to sharing a free outdoor practice with you.

Culture Park

Saturday, July 8 at 9:00 a.m. – Athletic Conditioning

Skyway Fitness

This class combines skills and drills with alternating strength training and cardio circuits. It includes plyometrics, sprints, and calisthenics coupled with explosive movements to increase reaction times and overall health. A fast paced class with maximum caloric burn, increasing strength and endurance. This class works for the beginner to the advanced, with modifications for every exercise.

Harriet Island

Tuesdays and Thursdays at 6:00 a.m. – ilovekickboxing.com

iLoveKickboxing alternating instructors

Meet at the Target Stage. Kickboxing is AWESOME for fitness, self-defense, cardio, and muscle toning. No other workout burns more fat, more calories, or builds and tones muscles as well! Out hour long classes will increase your metabolism so you become a calorie burning machine, tone your muscle for those long, lean muscles, increase your endurance and stamina, give you better flexibility and coordination, but most important, our classes are FUN!

Wednesdays, 6/28, 7/12, 7/26, & 8/9 at Noon to 12:45 p.m. – Yoga

Blanka from YMCA - Downtown

Meet at the Target Stage. Experience a combination of postures sometimes moving with the breath, sometimes longer holds to deepen concentration, balance, strength and flexibility. Please bring a yoga mat.

Saturdays at 9:00 a.m. – Zumba™ (Target Stage)

Caitlyn Wakem, Kat Chirhart, and Ashley Collings from HerbaChamps Fit Camp

Zumba™ is a fusion of Latin and international dance that creates a dynamic, exciting, effective cardio workout. These fun, easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance.

Saturdays from 10:00 a.m. to Noon – Capture the Flag - Kids

Are you looking for a fun, fast-paced place to make new friends and stay active? Join us at Como Park for Capture the Flag! Whether you are looking to try out for a new sport, or a place to hone your skills, this is the place to be! Our community has been meeting weekly for over ten years with players of all different skill and activity levels, from ages four to eighty-four; all are welcome!

We keep things nice and simple, and we request that you bring your own water as well as any snacks you may want or need during the game.

While everyone is welcome, those who are sixteen and older may tire less easily from each game. We encourage folks to sit out when they are tired, hurt or do not feel well, as safety and happiness is our main priority.

Gameplay rules will be gone over before each night for newcomers. Hope to see you there!

Hidden Falls

Mondays from 6:00 to 8:00 p.m. (6/5 - 7/24) – Dancing Freedom
Rooted & Rising

Enter through the North Gate, meet near the river. Dancing Freedom is a sacred practice and sanctuary for community to sweat, pray, play, process and celebrate together through the medicines of movement, music, mindfulness and conscious communication. It is a safe space where all bodies are welcome to explore and express body, heart and soul authentically to come into more conscious, joyful, creative and whole connection with our challenging and beautiful lives. Teresa Reid is a Certified Dancing Freedom Facilitator & an Open Floor Teacher who has spent over a decade immersed in a broad spectrum of healing modalities & embodied wisdom traditions. She is dedicated to integrative practices that encourage living into our lives with awareness and dreams of making the transformative power of movement accessible to all!

Tuesdays at 9:00 to 9:45 a.m. – T'ai Chi Chih
Vanjie & Carol

Enter through the North Gate, meet near the river. Come enjoy a free outdoor practice of the slow, meditative movements of T'ai Chi Chih alongside the banks of the Mississippi River in Hidden Falls Regional Park. Some of the benefits of T'ai Chi Chih are: stress reduction, expanded awareness, and improved balance, strength, and flexibility. The practice is led by T'ai Chi Chih teachers Vanjie Bratt and Carol Mockovak.

Highland Park

Wednesdays at 6:30 p.m. – Yoga
Bryan from Tri-Life Yoga

Although the poses and structure of the classes may vary from week-to-week, their foundation will be based on proper alignment, connecting breathe to movement, and building both strength and flexibility.

Horton Park

Fridays at 9:00 a.m. – Sunrise Flow Yoga + Meditation
Caitlin Gottschalk

Sunrise Flow is a gentle yoga class that focuses on warming up the body through static stretching as well as some mellow vinyasa flow (using breath to link postures together). Class will end with a guided meditation. This class is wonderful for first-time students of yoga as well as for those with a seasoned practice. No shoes or socks are needed, but be sure to wear comfortable clothes that you can move in. Please bring a mat, towel/blanket and water.

Indian Mounds

Thursdays at 6:30 p.m. – Yoga
Bryan from Tri-Life Yoga

Meet in the open space between Earl St. & Thorn St. along Mounds Blvd. The poses and structure of the classes may vary from week-to-week, their foundation will be based on proper alignment, connecting breathe to movement, and building both strength and flexibility.

Iris Park

Tuesdays at 7:00 a.m. (6/5 – 8/26) – Bootcamp
Dru from St. Paul Midway YMCA

Improve your strength and stamina through a rugged workout of spots drills, weight training, circuits, and interval training.

Thursdays at 9:00 a.m. (6/5 – 8/26) – Tai Chi
Bruce/Tim from St. Paul Midway YMCA

Tai Chi practice balances gravity with grace, inner energy with outer movement, and momentum with mind intent. The Yang style form in this class promotes relaxation through gentle exercise. All are welcome to come and experience this ancient form of moving meditation.

Fridays at 7:00 a.m. (6/5 – 8/26) – Yoga with Jennie
St. Paul Midway YMCA

Experience a combination of postures sometimes moving with the breath, sometimes longer holds deepen concentration, balance, strength and flexibility.

Saturdays at 8:00 a.m. (6/5 – 8/26) – Yoga
St. Paul Midway YMCA

Experience a combination of postures sometimes moving with the breath, sometimes longer holds deepen concentration, balance, strength and flexibility.

Kellogg Park

Saturday, June 10 at 10:00 a.m. – Cardio Kickboxing **Skyway Fitness**

An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance. It's an intense workout for the participant who wants a challenge. We start with form, mastering the techniques of the punches and kicks and follow with repetition. Every rep comes a little faster than the last, ensuring an excellent workout for all.

Saturday, August 5 at 10:00 a.m. – Core & Strength

Skyway Fitness

Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. This class focuses on your abdominal and oblique muscles, making every other exercise you do easier as the core is the base of every movement made.

Langford Park

Tuesdays at 6:30 p.m. and Saturdays at 12:30 p.m. – Hatha Yoga

Samantha of Healing Elements

A stress reducing Yoga class for all bodies to explore and strengthen through balance postures, gentle movements, and connection to breath. Harmonize energies of Sun, Moon, & central nervous system following philosophy, asana, pranayama and guided meditation.

Mattocks Park

Tuesdays at 9:30 a.m.– Slow Flow Yoga

Tula Yoga and Wellness

Vinyasa-style; linking breath to movement in a flowing sequence with a therapeutic yoga (Soma Yoga) woven throughout. By slowing the pace down, we create opportunity to refine and learn how to re-educate muscles to create more functional movement and freedom in the body.

All levels will find benefit - beginners have time to absorb the elements of a new practice, and the more advanced have time to go deeper into your practice. Poses are taught with modifications and the opportunity to intensify or simplify as needed.

Mears Park

Tuesdays at 5:30 to 6:15 p.m. (Starts 7/11) – Tabata

Samantha from St. Paul Downtown YMCA

Tabata interval training is the single most effective type of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. This class may just be the hardest workout you will ever love.

Tuesdays at 6:30 p.m. (Starts 7/11) – deepWORK®

Resistance Movement Fitness

deepWORK®: deepWORK® is a dynamic, high-energy, HIIT style workout, combined with myofascial release and functional flexibility training. Through careful and intelligent sequencing, the class also allows the client to practice mindfulness, concentration, and focus. This class is perfect for CrossFit enthusiasts, high performance athletes, and boot camp/TRX devotees or anyone looking to build their stamina and endurance. This is an intense form of training for both the body and the mind, but approachable enough for all fitness levels and abilities. Exercises can be modified for any physical disability or limitation. Bring a mat, a towel and water, and get ready to sweat.

Mears Park

Wednesdays at 5:30 p.m.(6/7, 7/5, 8/2, 8/16, & 8/30) – Zumba™

Anna/Jo alternating from St. Paul Downtown YMCA

Zumba™ is a fusion of Latin and international music and dance to create a dynamic, exciting, effective cardio workout. These fun and easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body.

Saturday, June 24 at Noon – HIIT

Skyway Fitness

High Intensity Interval Training! A mix of cardio and strength training in one of the most popular formats, allowing maximum caloric burn and muscle formation! We focus on body weight training for the outdoor version, and we promise that this class will challenge all.

Saturday, July 22 at 10:00 a.m. – Kettlebells

Skyway Fitness

Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously, and in addition kettlebell training elevates the heart rate for effective cardiovascular training. Kettlebells can be used in ballistic (explosive) swinging movements utilizing the whole body along with momentum or used in more traditional press and squat exercises. The displacement of the weight from the hand requires that the stabilizing muscles engage more with each movement and therefore requiring more muscle firing at once. Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization. There is no such thing as isolated muscle work in kettlebell training.

Saturday, August 26 at 10:00 a.m. – HIIT

Phalen Park

Tuesdays at 5:30 p.m. – PiYo LIVE

Gina Carlson of Neighborhood Nutritionist

Meet at the Lakeside Activity Center. PiYo LIVE is an intense cardio workout that combines Pilates with the strength and flexibility of yoga movements all in one class. It is designed for all fitness levels from beginner to advanced as all moves may be modified. Best of all, the only equipment necessary is a yoga mat. Use your own body weight to sculpt out an amazing body! Bring a yoga/exercise mat and water to class.

Wednesdays at 10:00 a.m. (June 7 through August 2) – Yoga

Cassandra Moe from St. Paul East YMCA

Meet at the Beach House. Experience a combination of postures sometimes moving with the breath, sometimes longer holds to deepen concentration, balance, strength and flexibility.

Thursdays at 9:00 a.m. – Tummies, Tushies and Thighs (3Ts)

Sue Davidson from St. Paul East YMCA

Meet at the Beach House. A 45 minute class using resistance tubing and a 10 inch playground ball. Includes isolation moves to tone, reduce and strengthen the lower body. Plus have fun.

Saturdays at 9:00 a.m. – Yoga

Meghan Hatalla from St. Paul East YMCA

Meet at the Beach House. Experience a combination of postures sometimes moving with the breath, sometimes longer holds to deepen concentration, balance, strength and flexibility.

Raspberry Island

Mondays at Noon – 30 & 30 Tabata Bootcamp & Yoga Basics

Jermaine from St. Paul Parks and Rec

Thirty minutes of High Intensity Interval Training (H.I.I.T) in a series of exercises in which you perform each one for 20 seconds and rest for 10 seconds. The intervals consist of cardio, body weight, and equipment strength training. Options and modifications are given for all levels and abilities. Thirty minutes of basic yoga movements.

Tuesdays, July 11, 18, 25 and August 1 at 7:30 to 8:15 a.m. – Sunrise Yoga

Blanka from YMCA – Downtown

This class moves at a slower pace opening and stretching the body by using modifications. It is appropriate for all levels and can be very beneficial to those looking to reduce stress and bring balance into their lives. Please bring a yoga mat to class.

Thursdays at 5:45 p.m. – Yoga

Linda from YMCA – Downtown

Experience a combination of postures sometimes moving with the breath, sometimes longer holds to deepen concentration, balance, strength and flexibility. Please bring a yoga mat to class.

Saturdays at 8:00 a.m. – Interval Training

Mia from St. Paul Parks and Recreation

Includes Tabata, HIIT, low -intensity work-outs. Mostly body weight movements with different work and rest periods. Interval training speeds up metabolism and increases endurance. Modifications can be made to suit all abilities.

Rice Park

Saturday, June 17th at 10:00 a.m. – Tabata

Skyway Fitness

Tabata training (aka, the Tabata Protocol) is a type of high intensity interval training that follows a specific format: 20 seconds of a very high intensity exercise (e.g., sprints) 10 seconds of rest. Repeat 8 times for a total of 4 minutes. Tabata features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Tabata is an incredibly fun, easy, and effective class and you'll feel rejuvenated after this high energy workout.

Saturday, July 15th at 10:00 a.m. – Pilates in the Park

Skyway Fitness

Pilates is a series of non-impact exercises designed by Joseph Pilates to develop, strength, flexibility, balance, and inner awareness. Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness. The exercises can also be adapted for people who have limited movement or who use wheelchairs. It is an engaging exercise program that people want to do. Pilates promotes a feeling of physical and mental well-being and also develops inner physical awareness. Since this method strengthens and lengthens the muscles without creating bulk, its particularly beneficial for dancers and actors. Pilates is also helpful in preventing and rehabilitating injuries, improving posture, and increasing flexibility, circulation, and balance. Pregnant women who do these exercises can develop body alignment, improve concentration, and develop body shape and tone after pregnancy. According to Joseph Pilates, "You will feel better in 10 sessions, look better in 20 sessions and have a completely new body in 30 sessions."

Saturday, August 12th at 10:00 a.m. – Metabolic Conditioning

Skyway Fitness

This class focuses on your metabolic rate, which is different for every person. We have developed a system for the average body type, planning exercises that focus on lean muscle growth and fat loss. Designed to provide a higher metabolic rate for up to 36 hours following your workout, it is a dynamite format packed into one intense class! If you are somebody that likes variety, then you will love the spontaneity of this class because it can change at any time! It will be a combination of strength, cardio and core - but every week will be a surprise!

Summit Overlook

Mondays at 9:15 a.m. – Intro to Yoga

YWCA St. Paul instructor

A great class for beginners and those looking to start slowly. Learn the fundamental poses and build a foundation for a strong yoga practice with Yoga basics. This class is great for beginners.

Mondays at Noon – Yoga Sculpt

YWCA St. Paul instructor

A blend of Vinyasa yoga and strength training class utilizes weights to create resistance and add intensity to each pose. A fun and challenging workout, Yoga Sculpt is great for anyone looking to strengthen their current yoga and fitness abilities.

Mondays at 6:00 p.m. – Bootcamp

Bryan and Lou of Lifetime Legacy Nutrition

Welcome to 24 Fit Club Challenge. Our mission is to build a healthy active fit community in the city of St. Paul, in which we help others get in the best shape of their life from our expertise in fitness and nutrition.

When you come to our class you will experience an amazing high intensity workout with a supportive team that is encouraging, motivating and fun. Workouts will focus on interval training, including high rep and little rest, optimizing your results. Not only will you have a great workout but you will also get the opportunity to work with one of our coaches so that you can increase your metabolism and burn fat more efficiently. No weights necessary.

Tuesdays from Noon to 12:30 p.m. – Boxing Fusion

Jackie Mart from YMCA St. Paul

30 minute high intensity workout utilizing striking, kicking, and body weight exercises.

Wednesdays at 6:40 p.m. – Nia®

Andrea Weiss from YWCA St. Paul

Nia® is a an exercise format for the mind, body, and spirit. It incorporates dance, yoga, and martial arts movements to create a holistic exercise format transforming mind and body.

Summit Overlook

Tuesdays at 5:30 p.m.– Slow Flow Yoga

Tula Yoga and Wellness

Vinyasa-style; linking breath to movement in a flowing sequence with a therapeutic yoga (Soma Yoga) woven throughout. By slowing the pace down, we create opportunity to refine and learn how to re-educate muscles to create more functional movement and freedom in the body.

All levels will find benefit - beginners have time to absorb the elements of a new practice, and the more advanced have time to go deeper into your practice. Poses are taught with modifications and the opportunity to intensify or simplify as needed.

Every other Friday at 7:00 a.m. (Beginning June 9) – Fitness Yoga

Jermaine from St. Paul Parks and Recreation

Classes are designed for all ages and fitness levels. Exercises focus on traditional yoga poses, breathing techniques and relaxation to increase flexibility, strengthen muscles and improve balance while creating body awareness.

Fridays at 6:00 p.m.— Power Yoga Lite

Lisa from Operation OM Yoga

Power Yoga Lite is a lighter version of Operation OM's Power Yoga class. This class is the perfect mix between a Vinyasa flow and holding postures. Concentrating more on fascia and mobility, this class works on all the fibers that surround your muscles to make the big movements we do in Power Yoga, rowing, cycling, and running more efficient. If you're an everyday athlete, this class is for you! Modifications and options to increase your intensity within this class are always provided. This is the perfect class to end your week! Please bring water and a mat.

Saturdays at 9:00 a.m. – ilovekickboxing.com

iLoveKickboxing.com alternating instructors

An hour of fun, sweaty, strength building, fat burning fun! We take the same workouts that professional fighters use and made them available to anyone! Combine that with loud, energizing music, motivating instructors, and stress relieving moves, and you'll never have as much fun punching and kicking you way into the best shape of your life!

Health & Fitness Partners



Marlene Vernon



· INSPIRE · EDUCATE · TRANSFORM ·



Vanjie & Carol



THE SMARTER WAY TO WORKOUT!
Lifetime Legacy

Nutrition

eliminating racism
empowering women



St. Paul



Rooted & Rising

