

I'm not robot!



# ENTERTAINMENT STUDIOS

July 2017  
FREE



Covering Cannon Falls, Faribault, Farmington, Lakeville, Northfield, Owatonna & Surrounding Areas

**ART ON THE LAWN**  
July 7-8 - Lakeville

**FAB 6 - MUSIC OF THE BEATLES**  
July 7 - Faribault

**BREW-HAHA COMEDY SHOW**  
July 13 - Northfield

**WINE & ART FESTIVAL**  
July 15-16 - Cannon Falls

**RICE COUNTY FAIR**  
July 18-23 - Faribault

**IGLESIA LINAJE ESCOGIDO**  
July 20 - Owatonna

**GOLF SHOOTOUT**  
July 27 - Northfield



**MATT BROWNE**  
July 23 - Cannon Falls

To keep up on what's happening



Gain your **INDEPENDENCE** on the open road

• Full Service Auto Repair Facility •

517 Water St. S., Northfield, MN 507.366.2886  
EliteAutoCareMN.com M-F: 7:30-6:00 & Sat: 9:00-Noon



## INTERNATIONAL LES MILLS CERTIFICATE

|  |   |
|--|---|
| <p><b>BODYTRACK</b><br/>A fitness program that combines strength training, cardiovascular exercise, and Pilates to create a balanced workout.</p> <p><b>BODYPUSH</b><br/>A fitness program that focuses on building strength and endurance through a combination of weightlifting and cardio.</p> <p><b>BODYPUMP</b><br/>A fitness program that uses free weights to create a full-body workout.</p> <p><b>BODYSTEP</b><br/>A fitness program that combines step aerobics with strength training.</p> <p><b>BODYCOMBAT</b><br/>A fitness program that combines martial arts techniques with cardiovascular exercise.</p> <p><b>BODYVIVE</b><br/>A fitness program that combines Pilates with strength training.</p> <p><b>CEWORX</b><br/>A fitness program that combines strength training with cardiovascular exercise.</p> | <p><b>GRIT CARDIO</b><br/>A fitness program that combines cardiovascular exercise with strength training.</p> <p><b>GRIT FLYO</b><br/>A fitness program that combines flywheel resistance training with cardiovascular exercise.</p> <p><b>GRIT STRENGTH</b><br/>A fitness program that focuses on building strength through a combination of weightlifting and cardio.</p> <p><b>SPIN</b><br/>A fitness program that focuses on cardiovascular exercise using a stationary bike.</p> |
|--|---|



