



ABOUT US:

[Solcana Fitness](#) is a queer, feminist gym located in the Seward neighborhood of Minneapolis. Our classes are a mixture of strength and conditioning, with weighted and non-weighted elements. We focus on feeling awesome and empowered during all of our workouts!

CLASS DESCRIPTION:

The class is Fun-ctional Fitness. No experience required. This workout is a fun, partner workout where you can meet a new friend and learn some new skills. Have a blast and listen to some good music while you sweat.