



ABOUT US:

[True Grit Society](#) is a Community Gym located in Uptown Minneapolis. We believe in a whole body fitness experience and offer a diversity of fitness classes such as HIIT, Cycle, Animal Flow, Yoga, Barre and bodyART. We are a group of fitness enthusiasts, supporters, friends and allies that are connected and part of the True Grit Community.

CLASS DESCRIPTION:

Class Name: True Grit Society Sweat Sesh

Class Description: Marcus and Christina will be tag teaming to bring you a sample of our most popular classes! Class will start with 25 minutes of Barre, then 25 minutes of Grit Fusion, and will finish off with 10 minutes of a bodyART cool down. Get strength, cardio, core and restoration all in one workout!

