

# Tula

*Mind, Body, Spirit*  
*Where Life is about Balance*



Tula is the newest business to join Olivia's list of downtown storefronts. The aim for Tula is to become a place to recharge and unwind while taking a little time to focus on yourself. Tula is a place to feed your energy, mind and soul with various group fitness classes and workshops. Whether you're looking for time to connect to yourself with Yoga, have a little fun and move with Zumba or work on your core power with Core Cardio and Strength or Kettle Bells, Tula has what you're looking for.

***"The best project you'll ever work on is YOU!"***

Register for classes via the [mind body app](#) where you can access the calendar, class schedules and purchase packages. Drop-ins are welcome when space is available. Single classes and packages can be purchased at the studio as well.

Cathy Helin, Owner, Instructor  
Dana Boen, Zumba/Dance Fitness Instructor  
Pam Dettmann, Yoga Instructor  
Matt Hausken, Kettlebell Instructor  
Angela Siedl, Yoga Instructor

[www.tulambs.com](http://www.tulambs.com)

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