

Friday Night Pop Up Class Schedule:

We had so much fun this summer with our Pop Up Classes we are bringing them back for the Winter Class Schedule!

On FRIDAY NIGHTS at 5:30pm our instructors are hosting “Pop Up” classes. Classes are styles that they teach often and have a free Friday night to dedicate to fitness, OR classes are new formats they would like to try and see if there is interest for a regular class to put on the schedule in the future.

We hope you will “Pop In” to see us!

1/13- Vinyasa Yoga ~ Rhonda C. {MBS}

1/20-Candlelight Yoga ~ Lauren K. {MBS}

1/27- Cardio Tabata ~ Jennifer L. {AS}

2/3- NIA ~ Megan F. {MBS}

2/17- Vinyasa Yoga ~ Suzanne {MBS}

2/24-I ♥ Dance Fitness Event! {GYM}

3/3-VinYin ~ Dianna K. {MBS}

3/24- Vinyasa Yoga ~ Suzanne {MBS}

Schedule will be updated with more classes soon!

