

Friday Night Pop Up 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.

ALL FITNESS LEVELS are welcome to “Pop In” and try out these classes!

3/24– Yin Yoga ~ Suzanne {MBS}

3/24- HIIT ~ Sunshine {AS}

3/31- Modified Yin ~ Cheryl {MBS}

4/7– Kundalini ~ Rhonda {MBS}

4/14/- Cycling and Core ~ Angela L. {CS}

4/21- Partner Yoga ~ Dianna K {MBS}

4/28- WERQ ~ Lauren H. {AS}

5/5-Kundalini ~ Rhonda {MBS}

5/12-Yoga Mindfulness Fusion ~ Jeanette

5/12– Country Cycle ~ Lauren K. {CS}

5/19-WERQ~ Lauren H. {AS}

Schedule will be updated with more classes soon!

