

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!

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

5/5-Kundalini Yoga~ Rhonda {MBS}

5/12-Yoga Mindfulness Fusion~Jeanette {MBS}

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

5/26- Strength & Conditioning Rhonda {AS}

6/2- Kundalini Yoga~ Rhonda {MBS}

6/9- Country Cycle ~Lauren K. {CS}

Schedule will be updated with more classes soon!