

# Friday Night Pop Up Class Schedule:



*Oh the weather outside is frightful...  
but Pop Up Classes are back and they are delightful!*



**On FRIDAY NIGHTS at 5:30 pm our instructors are hosting “Pop Up” classes. Classes may be styles that they teach often and have a free Friday night to dedicate to fitness, OR classes may be 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!  
All Fitness Levels Welcome!**



## **12/1-Barbell Strength & Power~Sunshine {AS}**

*This class is a total body workout using barbells!*

## **12/8-HIGH Fitness ~Sophie {MBS}**

*Using ZERO equipment, this full body workout alternates bouts of high-intensity movement with moderate/active recovery to constantly challenge your body in a safe and effective way set to fabulous music!*

## **12/15-Winter Solstice Yoga~Dianna {MBS}**

*Honor the Winter Solstice early with this abbreviated Sun Salutation Practice. Participants will flow through Sun Salutations for 60 minutes. This celebration is also a practice of patience and stamina, of flexibility and strength, of mind and body. Modifications to all Sun Salutations will be shown.*

## **12/22- NIA ~Megan {MBS}**

*Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, it is a holistic fitness practice addressing each aspect of your life-body, mind and soul. It combines 52 simple moves with dance arts, martial arts and healing arts to get you fit in 60 minutes.*

## **1/5/24-Gratitude Yoga~Dianna {MBS}**

*Begin the new year with a focus on ‘gratitude’ and watch your optimism for life evolve. Gratitude is infused through yoga poses, an intention, a brief meditation and an upbeat playlist !*

## **1/12/24- WERQ ~Megan {MBS}**

*This wildly addictive cardio dance class is based on trending pop & hip-hop music. It is a non-stop cardio dance class with repetitive routines that are built to learn while doing & following the instructor’s cues. All dance & fitness levels are welcome!*

**Schedule will be updated with more classes soon!**