

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!**



12/22- 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.

12/29 HIIT ~ Jennifer {AS}

One of the best methods to boost resting metabolism rate & burn calories. This class uses intervals to elevate heart rate using both aerobic & anaerobic heart rate zones. Increase endurance & strength, it's a fast & furious workout!

12/29 Yoga ~ Suzanne {MBS}

This class uses breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Based on an ancient practice that brings together mind and body it incorporates a variety of the different styles, practices and disciplines of the teachings of Yoga.

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!