

Friday Night Pop Up Class Schedule:



*Roses are red, violets are blue...
Here are this month's Pop Up Classes for You!*



*Our Group Ex instructors invite you to shake up your workout routine
on FRIDAY NIGHTS at 5:30 pm*

*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!

2/2 ~ Kundalini Yoga ~ Rhonda {MBS}

This practice of Yoga combines breathing exercises, yoga postures, repetitive movement, meditation, and mantras to awaken the body's energy.

2/9 ~ Group Cycling ~ Mara {CS}

Hop on your stationary bike and get ready work hard, burn calories, and never leave the room. Guess the music theme you are sweating to for extra bonus points!

2/16 ~ Yoga with Weights ~ Roo {MBS}

Take your practice to a new level by incorporating weights. While all levels are welcome, a general knowledge is encouraged.

2/23 ~ Kundalini Yoga ~ Rhonda {MBS}

This practice of Yoga combines breathing exercises, yoga postures, repetitive movement, meditation, and mantras to awaken the body's energy.

3/1 ~ HIGH ~ Sophie {AS}

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!

3/1 ~ Trigger Point Fascia Release Yoga ~ Roo {MBS}

Using yoga poses and other tools this class will focus on easing and releasing tension and tightness in your body.



Schedule will be updated with more classes soon!

