

Friday Night Pop Up Class Schedule:



At the end of the rainbow you'll find something even better than a Pot of Gold- ~ this month's

Pop Up Classes

Our Group Ex instructors invite you to add shenanigans to 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!

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

3/8 ~ Cardio Kickboxing ~ Lizzy {AS}

Cardio kickboxing is a high-energy, full-body workout that combines elements of traditional kickboxing with cardio exercises. It utilizes multiple muscle groups to elevate the heart rate and trains participants in speed, agility, and quickness.

3/15 ~ Kundalini Yoga ~ Rhonda {MBS}

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

3/22 ~ HIIT ~ Jennifer {AS}

Using bursts of high-intensity strength & cardio exercises followed by brief periods of recovery this class gives you a great workout as it elevates your heart rate and triggers your anaerobic pathways of energy production. This class will help increase endurance & strength.

3/29 ~ Healthy Hips Yoga ~ Suzanne {MBS}

This yoga practice will help effectively open the hips and create freedom in the lower back through series of poses and yoga flows. Great for all fitness levels!

4/5 ~ Kundalini Yoga ~ Rhonda {MBS}

Schedule will be updated with more classes soon!