

Friday Night Pop Up Class Schedule:



April Showers bring... this month's
Pop Up Classes!



*Our Group Ex instructors invite you to sprinkle your workout routine with something new 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!

4/5 ~ 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.

4/12 ~ Cardio Kickboxing {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.

4/19 ~ Restorative Yoga Suzanne {MBS}

A restful practices of Yoga that holds poses for a longer duration and focuses on deep relaxation and may include gentle stretch and meditation Basic knowledge of yoga encouraged.

4/26 ~ 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.

Schedule will be updated with more classes soon!

