

# Friday Night Pop Up Class Schedule:



***May Pop-Up Classes are in full bloom!***



***Our Group Ex instructors invite you to let your workout routine blossom***

***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!**

***5/3 ~ Sing-A-Long Cycling! ~Mara {CS}***

***Grab a stationary bike and come along on a journey with great tunes that inspire you to sing along. Don't worry if you don't know the words, they will be on the screen for your convenience! Sing or don't sing, it's up to you, but come for a great work out and have a singingly good time!***

***5/10 ~ Body/Mind Balance Yoga ~Suzanne {MBS}***

***Get deeper into your practice with this class that will focus on the balance of mind and body in Yoga. Through poses, flow and the importance of breathing find connectedness of mind, spirit and the physical body. All levels welcome, though a basic knowledge of yoga is encouraged.***

***5/17 ~ WERQ ~Megan {AS}***

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

