



Friday Night Pop Up Class Schedule:

Pop Up Classes are back!

Our Group Ex instructors invite members to *SPRUCE* up your workout routine on FRIDAY NIGHTS at **5:30 pm!**

Pop-up classes may be styles that instructors 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.

All Fitness Levels Welcome!



DECEMBER



12/20 ~ WERQ ~ Megan F.

A nonstop cardio dance class that features trending pop & hip-hop music with repetitive routines that are built to learn while doing & following the instructor's cues. All dance & fitness levels welcome!

12/27 ~ Candlelight Yoga ~ Lauren

Take an hour to recover from the Holidays, and prepare for the New Year in this gentle, calming practice that will help relieve tension and anxiety.



JANUARY:



1/3 ~ HIIT the New Year ~ Jennifer L.

Hit the new year with a dynamic workout! High Intensity Interval training uses bursts of high-energy strength & cardio exercises followed by brief periods of recovery and is sure to start your new year off right! This class gives you a great workout as it elevates your heart rate and triggers your anaerobic pathways of energy production and will help increase endurance & strength.

Schedule will be updated with more classes soon!