

Pop-Up Classes

Group Fitness

We are excited to add some special pop-up group fitness classes in addition to our normal schedule!

**April
3**

Cardio Kickboxing

Instructor: Molly - Location: Studio 1 - Time 6:35 PM

A boxing-based cardio workout utilizing punches, kicks, and combinations, along with a sprinkle of strength and core to 'hit' your whole body!

**April
15**

Hot Yoga

Instructor: Colleen - Location: Studio 3 - Time 10:45 AM

An energetic Vinyasa-style class that synchronizes breath with vigorous movement to give your yoga practice a cardio component. Room temp is approximately 95 degrees to help allow the muscles to ease into their full range of motion.

**April
18**

Caribbean Vibe

Instructor: Val - Location: Studio 1 - Time 6:45 PM

Caribbean Vibe is a fun cardio dance workout for all levels. Vibing to genres like Calypso, Chutney, Reggae, Reggaeton, Soca, and more!

**April
25**

MixedFit

Instructor: Erin - Location: Studio 1 - Time 6:45 PM

MixedFit is a people-inspired dance fitness class that incorporates explosive moves and bodyweight toning for a fun, full-body workout. The moves are simple and easy to follow so you can jump right in!

**REGISTRATION IS
REQUIRED FOR ALL CLASSES.
REGISTRATION OPENS
36 HOURS PRIOR TO CLASS START.**

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SMARTPHONE CAMERA**

