

POP-UP CLASSES

July 2025

GROUP FITNESS | THE ARENA CLUB

LES MILLS BODYCOMBAT WITH GRETCHEN

July 9 & 23 - 6:00pm STUDIO 2



BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Release stress, bring your best fighter attitude and leave inhibitions at the door.

RETRO AQUA DANCE WITH VAL

July 18 - 8:00am REG POOL



Get ready to splash back in time! Join us for a high-energy Retro Aqua Dance class that blends classic dance moves from the '70s, '80s, and '90s with low-impact water fitness. Set to a playlist of vintage pop, disco, and funky throwbacks, this class is perfect for all fitness levels.

Expect groovy water-based choreography, iconic dance steps, and a fun, social atmosphere that'll have you smiling from warm-up to cool-down.

LES MILLS PILATES WITH MEGHAN

July 20 - 9:30am STUDIO 3



Pilates reimaged! Les Mills Pilates puts a Les Mills twist on traditional Pilates. The class uses science-backed movements to improve strength and mobility, modern breathwork and beautiful beats. This 45-minute workout will leave you feeling strong, uplifted and calm.

