

! POP-UP !

GROUP FITNESS CLASSES

We are excited to add some special pop-up group fitness classes in addition to our normal schedule! We are bringing a different pop-up class each week for 5 weeks.

TUE

NOV
1

BOSU I.T.
10:15 AM
with Kim - Studio 2

Interval training utilizing the BOSU for strength, cardio and core intervals. 45 minutes of various exercises incorporating both sides of the BOSU for a fun AND challenging workout.

SAT

NOV
12

Tai Chi
9:00 AM
with Val - Studio 2

A practice of gentle martial art forms, that eventually culminate into seamless sets of graceful and meditative movement.
All fitness levels welcome!

FRI

NOV
18

Bars, Balls & Bands
10:15 AM
with Shaunna - Studio 2

45-minute barbell strength training class, combined with balance and core conditioning, utilizing stability balls and elastic resistance bands.

MON

NOV
21

Drum & Dance
6:00 PM
with Autumn - Studio 2

Combine cardio drumming with some basic dance moves and voila, Cardio drum and dance. A fun workout that gets your toes tapping, your heart thumping and drum sticks banging!

TUE

NOV
29

Hot Yoga
10:15 AM
with April - Studio 3

An energetic Vinyasa style class which 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.

REGISTRATION IS
REQUIRED
FOR POP-UP CLASSES

REGISTRATION OPENS
36 HOURS
PRIOR TO CLASS START

