

POP-UP CLASSES

April 2025

GROUP FITNESS | THE ARENA CLUB

POP-UP CLASSES
ARE INCLUDED
WITH YOUR MEMBERSHIP!

TABATA ON THE TURF



Integrating a variety of strength training and power methods and equipment, Tabata on the Turf will challenge your cardio, strength and core with traditional Tabata intervals. It will truly challenge you to move to your next level of fitness and performance.

April 12 - 10:00am

SPORT COURT/TURF

ZUMBA STEP & TONE



Zumba Step & Tone is a high-energy fitness class that combines the fun and excitement of Zumba dance with a focus on strengthening key muscle groups. This workout is designed to improve cardiovascular health while simultaneously sculpting the body!

April 29 - 6:30pm

STUDIO 1

