

POP-UP CLASSES

June 2025

GROUP FITNESS | THE ARENA CLUB

ALL-TERRAIN TABATA WITH SANDY & KIM

June 13 - 9:15am OUTSIDE



Enjoy the great outdoors AND a unique workout utilizing resistance bands, curbs, hills and more for a strength and cardio challenge.

Please note: All-Terrain Tabata will take place in lieu of the regularly scheduled Tabata class this week.

BODYVIVE WITH JEAN

June 19 - 10:15am STUDIO 3



Les Mills Body Vive is a whole body workout with movements that are simple yet effective. This class will improve muscular strength and endurance as well as posture!

LES MILLS PILATES WITH MEGHAN

June 22 - 10:00am STUDIO 3



Pilates reimagined! 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.

