

POP-UP CLASSES

January - February

GROUP FITNESS | THE ARENA CLUB

TRY TAI CHI *with Jenny Pan*

This month's Pop-Up classes will highlight Taijiquan, a form of balanced exercise characterized by graceful, extended movements. Taijiquan is easy to learn and promotes strength, flexibility, and overall well-being. Through the rhythmic contraction and extension of muscles and the coordinated movement of joints, it encourages uniform and consistent body motion. This helps open the body's meridians, promoting smooth circulation of qi and blood.

January 22 - 9am
STUDIO 1

February 5 - 9am
STUDIO 1

January 29 - 6:30pm
STUDIO 3

February 12 - 6:30pm
STUDIO 3



POP-UP CLASSES
ARE INCLUDED
WITH YOUR
MEMBERSHIP!