



Friday Night Pop Up Class Schedule:

Pop Up Classes are back!

**Our Group Ex instructors invite members to
SPICE up your workout routine
on FRIDAY NIGHTS at 5:30 pm!**

Pop-up classes may be styles that instructors teach often and have a free Friday night to dedicate to fitness, OR classes may be new formats they would like to try and see if there is interest for a regular class to put on the schedule in the future.

All Fitness Levels Welcome!



NOVEMBER:



11/15 ~ Cardio Strength Endurance ~ Mara G.

This class will help increase your aerobic endurance by combining both strength and traditional cardio in an extra long sustained fun workout. While all fitness levels are welcome, fitness experience and an active lifestyle is recommended!

11/22 ~ NIA ~ Megan F.

Combining dance, martial arts & mindfulness, Nia tones your body while transforming your mind. This holistic fitness practice addresses each aspect of your life- body, mind & soul.



DECEMBER



12/6 ~ Hip Hop Spin ~ Lauren

Featuring your favorite Hip Hop music, experience a fun and exciting stationary bike ride for all levels of fitness. You will be coached & motivated through a simulated bicycling journey.

12/13 ~ Yoga with Weights ~ Roo

Based on an ancient practice that brings together mind and body this pop-up uses a variety of the different Yoga practices and styles and incorporates weights for a heightened experience. While all levels are welcome, a basic knowledge of Yoga is encouraged!

12/20 ~ WERQ ~ Megan F.

A nonstop cardio dance class that features trending pop & hip-hop music with repetitive routines that are built to learn while doing & following the instructor's cues. All dance & fitness levels welcome!

12/27 ~ Candlelight Yoga ~ Lauren

Take an hour to recover from the Holidays, and prepare for the New Year in this gentle, calming practice that will help relieve tension and anxiety.