

# **Friday Night Pop Up** **Class Schedule:**

**We had so much fun this summer with our Pop Up Classes we are bringing them back for the Winter Class Schedule!**

**On FRIDAY NIGHTS at 5:30pm our instructors are hosting “Pop Up” classes. Classes are styles that they teach often and have a free Friday night to dedicate to fitness, **OR** classes are 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.**

**We hope you will “Pop In” to see us!**

**1/13- Cardio Tabata with Jennifer L.**

**1/20- Kettlebell Core with Stacy S.**

**1/27- Cardio Beats with Sally S.**

**2/3- Cardio Beats with Sally S.**

**2/10- Barre with Liz M.**

**2/17-Latin Rhythms (Salsa Basics) with Marta**

**2/24- VinYin with Dianna**

**Schedule will be updated with more classes soon!**

