

Friday Night Pop Up 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.

ALL FITNESS LEVELS ARE WELCOME
to “Pop In” and try out these classes!

3/24– Vinyasa Yoga with Maureen

3/31– Salsa! with Marta

4/7– Yoga with Weights with Roo

4/14– Yin + Yoga Nidra with Diane M,

4/21– Mobility with Liz

5/5 Full Moon Yoga with Dianna K.

5/19 Vinyasa with Rhonda C.

6/9 Vinyasa with Rhonda C.

Schedule will be updated with more classes soon!

