

# **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!

**4/21– Mobility with Liz**

**4/28 Cardio Beats with Sally**

**5/5 Full Moon Yoga with Dianna K.**

**5/12 Cardio Beats with Sally**

**5/19 Vinyasa with Rhonda C.**

**6/9 Vinyasa with Rhonda C.**

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

