

Friday Night Pop Up Class Schedule:



*Oh the weather outside is frightful...
but Pop Up Classes are back and they are delightful!*

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!

All Fitness Levels Welcome!

12/8- BODYPUMP™ ~ Sunshine {LAR}

Using light to moderate weights with lots of repetition, you will get a total body workout all set to some great music!

12/15- Cardio Beats ~ Sally {LAR}

This class combines cardio exercise and drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness. And it's FUN!

12/29- Yoga Intention Setting ~ Diane M. {LAR}

By setting an intention we actively choose to empower ourselves to make a change. Set your intention for 2024!

12/15- Cardio Beats ~ Sally {LAR}

This class combines cardio exercise and drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness. And it's FUN!

1/19/24-Vinyasa Yoga ~ Dianna {LAR}

Vinyasa is a more challenging practice of Yoga. The faster-paced flow and focus on breathing improves respiratory and cardio vascular health, balance, flexibility, strength and increases focus and concentration.

1/26/24- Heart Opening & Guided Meditation ~ Diane M. {LAR}

A combination of Hatha style yoga practice and guided meditation with a focus on opening the heart center.

Schedule will be updated with more classes soon!