

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!

1/12/24- 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!