

# Friday Night Pop Up Class Schedule:



***Roses are red, violets are blue...  
Here are this month's Pop Up Classes for You!***

***Our Group Ex instructors invite you to shake up your workout routine  
on FRIDAY NIGHTS at 5:30 pm***

*Classes may be styles that they teach often and have a free Friday night to dedicate to fitness,  
OR classes may be 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!**

**2/2 ~ 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!*

**2/9 ~ Trigger Point Fascia Release Yoga ~ Roo {LAR}**

*Using yoga poses and other tools this class will focus on easing and releasing  
tension and tightness in your body.*

**2/16 ~ Vinyasa Yoga ~ Rhonda {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. While all levels are welcome, knowledge of yoga is encouraged.*

**2/23 ~ Yoga with Weights ~ Roo {LAR}**

*Take your practice to a new level by incorporating weights. While all levels are welcome, a  
general knowledge of Yoga is encouraged.*

**3/1 ~ Vinyasa Yoga ~ Rhonda {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. While all levels are welcome, knowledge of yoga is encouraged.*



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

