

# Friday Night Pop Up Class Schedule:



***At the end of the rainbow you'll find something even better than a Pot of Gold- ~ this month's***



## **Pop Up Classes**

**Our Group Ex instructors invite you to add shenanigans to 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!**

### **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 cardiovascular health, balance, flexibility, strength and increases focus and concentration. While all levels are welcome, knowledge of yoga is encouraged.*

### **3/8 ~ Yin/Power Rest ~ Dianna {LAR}**

*This combination of Yin and Power Rest will start by holding grounded poses to focus on the body's deep connective tissues, the ligaments, fascia and joints. About half way through, the class will move into a guided relaxation to encourage the body to rest while the mind remains conscious.*

### **3/15 ~ Ashtanga Yoga ~ Dianna {LAR}**

*Ashtanga, one of the most popular forms of yoga, centers on a vigorous physical practice that includes a series of poses linked together with breath to form a continuous sequence. The practice demands an intense level of physical strength, flexibility, and endurance.*

*All levels welcome, however basic knowledge of yoga encouraged.*

### **3/22 ~ 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.*

### **3/29 ~ Body Pump ~ Jessica {LAR}**

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



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

