

# Friday Night Pop Up Class Schedule:



*April Showers bring... this month's*  
**Pop Up Classes!**



***Our Group Ex instructors invite you to grow 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!**

**4/5 ~ Spinning ~ Nikki {S,AR}**

***A fun & exciting stationary bike ride for all levels of fitness. You will be coached & motivated through a simulated bicycling journey. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!***

**4/12 ~ Vinyasa Yoga ~ Rhonda {L,AR}**

***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.***

**4/19 ~ VinYin ~ Dianna {L,AR}**

***A combination of two opposite styles of yoga. Class begins with Vinyasa, a flowing sequence of poses used to warm the muscles & build strength. Yin allows the space to turn inward while holding grounded poses to create flexibility in the ligaments & joints.***

***Popping up in May:***

**5/3 ~ Yoga Inversion Practice ~ Rhonda {CR}**

***Yoga Inversion will focus on practicing poses that place your head below your heart and hips. Inversion is believed to promote better blood circulation, increase strength and flexibility and release tension. While all levels are welcome, some inversion poses are advanced and a knowledge of yoga is encouraged.***



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

