

# Friday Night Pop Up Class Schedule:



***May Pop-Up Classes are in full bloom!***



***Our Group Ex instructors invite you to let your workout routine blossom 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!**

### ***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.***

### ***5/10 ~ Power Walking Workout ~ Liz***

***This is not your typical walk in the park! In this class you will be working in Zone 2 to maintain a speed that will challenge you to hit 6000 steps! Power walking enhances cardiovascular health, burns calories, encourages proper posture and promotes overall wellness.***

### ***5/17 ~ Barre ~ Liz***

***An intense toning class that uses high reps & fuses Pilates, yoga, weight-training & ballet barre technique. This pop-up class will feature the Pilates Ring!***

