



Friday Night Pop Up Class Schedule:

Pop Up Classes are back!

**Our Group Ex instructors invite members to
SPICE up your workout routine
on **FRIDAY NIGHTS** at **5:30 pm!****

Pop-up classes may be styles that instructors 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.



All Fitness Levels Welcome!



NOVEMBER:

11/15~Cardio Beats ~ Sally

This class combines cardio exercise & drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness. Using a stability ball and lightly weighted drumsticks, it's a fun, fast-paced way to get your heart rate up, improve your rhythm, & burn calories. Even if you typically move to the beat of your own drum, this class is for you! Equipment provided!



DECEMBER

12/6~Power Rest ~ Dianna



Through guided relaxation the body rests while the mind remains conscious, leaving you feeling energized, rested & powerfully focused. This one-hour session is equal to four hours of restful sleep. Option to bring your own pillow, blanket & eye cover.

12/13~ Strength and Conditioning ~ Rhonda

Foundational strength training focused on lifting with good form, and improving strength & cardiovascular conditioning. Build muscle to boost your metabolism so you burn more calories at rest.



JANUARY:

1/10~Inversion Yoga ~ Rhonda



Start the new year with a new perspective. 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!