



Friday Night Pop Up Class Schedule:



Pop Up Classes are back!

**Our Group Ex instructors invite members to
UNFREEZE 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!

JANUARY:

1/3 ~ Yoga for the New Year ~ Diane M.

Start the new year with mindful intentions and a peaceful flow! Yoga is an ancient practice that brings together mind & body using a variety of the different styles, practices & disciplines. This class uses breathing exercises, meditation & poses designed to encourage relaxation & reduce stress.

All fitness and yoga levels welcome.

1/10 ~ Inversion Yoga ~ Rhonda

Get a new perspective for this new year! 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!