

# POP-UP!

## GROUP FITNESS CLASSES

We are excited to add some special pop-up group fitness classes in addition to our normal schedule! We are bringing a different pop-up class each week for 9 weeks.

TUESDAY

DEC 7

10:15AM

**Pilates**

with Susan - Studio 1

SUNDAY

DEC 12

9:45AM

**Step I.T.**

with Molly - Studio 2

WEDNESDAY

DEC 22

10:00AM

**Basic Step**

with Candace - Studio 2

MONDAY

DEC 27

6:30PM

**Turn Up Dance**

with Kayla - Studio 1

THURSDAY

JAN 6

9:30AM

**PiYo**

with Hilary - Studio 2

SUNDAY

JAN 16

8:00AM

**Body Step**

with Sandy - Studio 2

THURSDAY

JAN 20

8:45AM

**CX Worx**

with Wendy - Studio 1

WEDNESDAY

JAN 26

10:30AM

**Tone**

with Justine - Studio 2

TUESDAY

FEB 1

10:15AM

**Hot Yoga**

with April - Studio 3

\*Registration is REQUIRED for pop-up classes.

\*Registration opens 24 hours prior to class start

\*Check our Facebook page each week to read a class description!