

# POPUP GROUP EX CLASSES



More classes on the back!

**Thankful for strength, movement and amazing community!**

**Saturday, November 2 | 9:15-10am | Step Up to Strength**

This 45 minute circuit class will alternate between cardio step work and strength training on the mat.

Instructor: Suzi Location: Lower Level

**Monday, November 4 | 11:15am-12pm | Mindfulness Meditation**

Join us for a journey of self-discovery and inner peace at our Mindfulness Meditation class. All are welcome.

Instructor: Iris Location: Lower Level

**Wednesday, November 6 | 6-6:45pm | Pilates**

A mat-based workout focusing on core strength, flexibility and posture.

Instructor: Cindy Location: Lower Level

**Thursday, November 7 | 10:15-11:15am | Flow Into Stillness**

Join Christina for an easeful Yoga flow, finishing up with breath-work and a guided meditation. This class is meant to still your mind and promote a sense of internal calm as we head into the holiday season.

Instructor: Christina Location: Lower Level

**Friday, November 8 | 11:15am-12pm | Mindfulness Meditation**

Join us for a journey of self-discovery and inner peace at our Mindfulness Meditation class. All are welcome.

Instructor: Iris Location: Lower Level

**Tuesday, November 12 | 9-9:45am | Born to Run**

All levels are welcome to join this outside training class to work on form, flexibility and fitness. Come dressed to be outside, no matter the weather!

Instructor: Maura Location: Outside

**Wednesday, November 13 | 5:15-6am | Cycling**

Start your day with an high energy cycling class that will leave you feeling energized for the day ahead.

Instructor: Dee Location: Lower Level

**Wednesday, November 13 | 8:45-9:15am | Pound**

Join a cardio jam-session designed to release the rockstar within us all while promoting total-body fitness.

Instructor: Lynn Location: Lower Level

**Wednesday, November 13 | 6-6:45pm | Pump and Jump**

This fun and fast workout will combine intervals of cardio and strength for a total body workout.

Instructor: Cindy Location: Lower Level

**Thursday, November 14 | 6-7pm | Slow Flow  
by Candlelight**

Take an evening for yourself to move by candlelight in this slow flow vinyasa class, linking breath and movement. This class will include centering, salutations, standing and seated poses, and relaxation.

Instructor: Christina Location: Lower Level

# Thankful for even more pop-ups!

## **Saturday, November 16 | 9:15-10:15am | TRX**

Learn how to make the most out of suspension training as you build strength, improve balance and challenge your core. LIMITED SPACE. REGISTRATION IS REQUIRED.

Instructor: Kate L Location: Lower Level

## **Monday, November 18 | 10-10:45am | Zumba Party**

Dance to global rhythms and sing to songs you may recognize. Get ready for a fun class with party vibes!

Instructor: Christine Location: Studio 2

## **Tuesday, November 19 | 10:15-11:15am | TRX**

Learn how to make the most out of suspension training as you build strength, improve balance and challenge your core. LIMITED SPACE. REGISTRATION IS REQUIRED.

Instructor: Kate L Location: Lower Level

## **Friday, November 22 | 11:15am-12pm | Mindfulness Meditation**

Join us for a journey of self-discovery and inner peace at our Mindfulness Meditation class. All are welcome.

Instructor: Iris Location: Lower Level

## **Wednesday, November 20 | 6:15-7pm | Barre**

A low impact workout that combines ballet, Pilates and strength for a one great class.

Instructor: Cindy Location: Lower Level

## **Thursday, November 21 | 9-10am | Brain Gym**

Come learn through movement with exercises designed to enhance learning ability and cognitive function.

Instructor: Jennifer Location: Studio 2

## **Monday, November 25 | 10-10:45am | Board Games**

Let's exercise our minds with games like Scrabble, chess, cards, etc. Have a game you'd like to play? Bring it!

Instructor: Christine Location: Studio 2

## **Monday, November 25 | 11:15am-12pm | Mindfulness Meditation**

Join us for a journey of self-discovery and inner peace at our Mindfulness Meditation class. All are welcome.

Instructor: Iris Location: Lower Level

## **Tuesday, November 26 | 9-9:45am | Born to Run**

All levels are welcome to join this outside training class to work on form, flexibility and fitness. Come dressed to be outside, no matter the weather!

Instructor: Maura Location: Outside

## **Wednesday, November 27 | 5:15-6am | Cycling**

Start your day with an high energy cycling class that will leave you feeling energized for the day ahead.

Instructor: Dee Location: Lower Level

## **Wednesday, November 27 | 8:45-9:15am | Pound**

Join a cardio jam-session designed to release the rockstar within us all while promoting total-body fitness.

Instructor: Lynn Location: Lower Level

## **Wednesday, November 27 | 6-6:45pm | Turkey Trot Tabata**

This high intensity interval workout will combine cardio and strength for a full body burn.

Instructor: Cindy Location: Lower Level