

POPOP 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

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

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

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