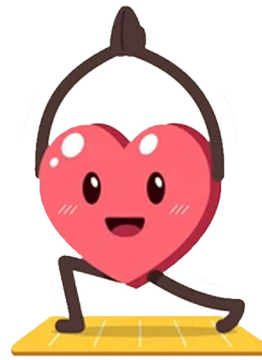


POPOP GROUP EX CLASSES



More classes on the back!

Showing our minds, hearts and souls some love!

Wednesday, February 5 | 6-6:45pm | Step Tabata

This high intensity interval workout combines cardio and strength exercises for a full body workout.

Instructor: Cindy Location: Lower Level

Saturday, February 8 | 9:15-10am | Butts, Guts & Guns

Focus on muscle building exercises for legs, arms and abs using a variety of equipment for a total body burn.

Instructor: Suzi Location: Lower Level

Monday, February 10 | 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, February 11 | 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, February 12 | 6-7p | Cycle Fusion

Whether you are MOVING OUT, or in an ITALIAN RESTAURANT, be sure to impress your UPTOWN GIRL as you TELL HER ABOUT IT that Suzi has an amazing playlist for this Billy Joel themed Cycle fusion class

Instructor: Suzi Location: Lower Level

Friday, February 14 | 10-11am | Yoga

This mixed-level class includes breathing, centering, sun salutations, poses, stretches and a final relaxation/meditation.

Instructor: Kate L Location: Lower Level

Friday, February 14 | 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

Saturday, February 15 | 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, February 17 | 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, February 19 | 6-6:45pm | Zumba Fusion

A fun Zumba workout with mixed intervals of intensity combined with balance work and muscle toning.

Instructor: Tina Location: Lower Level

Thursday, February 20 | 9-10am | Hydro HIIT

Work up a sweat in the water with guest instructor, Amy's fun and fast-paced cardio water class.

Instructor: Amy Location: Pool

Friday, February 21 | 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

More to love with more pop-up classes!

Monday, February 24 | 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, February 25 | 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, February 26 | 6-6:45pm | Barre

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

Instructor: Cindy Location: Lower Level

Friday, February 28 | 10-11am | Yoga

This mixed-level class includes breathing, centering, sun salutations, poses, stretches and a final relaxation/meditation.

Instructor: Christina Location: Lower Level

Friday, February 28 | 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