

# POPUP GROUP EX CLASSES



More classes on the back!

Heating things up this winter!

**Friday, January 3 | 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, January 3 | 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, January 6 | 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, January 8 | 8:30-9:15am | 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, January 8 | 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

**Saturday, January 11 | 9:15-10am | Ice Block Party**

Let's break out the ice (yoga) blocks for a great strength workout alongside a really cool playlist.  
Instructor: Suzi Location: Lower Level

**Tuesday, January 14 | 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, January 15 | 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, January 16 | 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, January 17 | 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, January 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

**Saturday, January 18 | 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, January 20 | 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

# Excited to offer even more pop-ups!

## **Wednesday, January 22 | 8:30-9:15am | 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, January 22 | 6-6:45pm | Cardio Country**

This hi/lo interval workout will get your heart pumping and your boots stomping to a high energy country beat.

Instructor: Cindy Location: Lower Level

## **Friday, January 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

## **Monday, January 27 | 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, January 28 | 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, January 29 | 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

## **Friday, January 31 | 10-11am | Yoga**

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

Instructor: Christina Location: Lower Level