

POPOP GROUP EX CLASSES



Spring into strength, stability and new experiences.

Tuesday, April 1 | 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, April 2 | 8:30-9:15am | Born to Run

Get some fresh air while also learning how to start a running program. Beginners welcome.

Instructor: Maura Location: Meet at the front desk and plan to run outside

Wednesday, April 2 | 6-6:45pm | Pilates

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

Instructor: Cindy Location: Studio 2

Friday, April 4 | 10-11am | Progressive Hatha

This all-levels yoga class offer familiar postures at a slower pace and with slightly longer holds. Class will include a warm-up, sun salutations, strength & balance, core work, twisting, folding poses & shivasana. Props are NOT used in class.

Instructor: Bill Location: Lower Level

Monday, April 7 | 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, April 8 | 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, April 9 | 8:30-9:15am | Born to Run

Get some fresh air while also learning how to start a running program. Beginners welcome.

Instructor: Maura Location: Meet at the front desk and plan to run outside

Wednesday, April 9 | 6-7pm | Yin Yoga

The perfect compliment to dynamic styles of yoga, this class focuses on deeper stimulation and targets the connective tissue of the pelvis, hips and lower spine.

Instructor: Bill Location: Lower Level

Friday, April 11 | 10:15-11am | Mobility

We will explore our active range of motion in this full body mobility class. Note: floor work is included.

Instructor: Kate L Location: Lower Level

Friday, April 11 | 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, April 12 | 9:15-10am | Mobility

We will explore our active range of motion in this full body mobility class. Note: floor work is included.

Instructor: Kate L Location: Lower Level

Monday, April 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

Put a spring in your step with even more pop-up classes!

Tuesday, April 15 | 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, April 16 | 11:30am-12pm | Silver Sneakers Stability

This fall prevention class will improve your balance through exercises that strengthen the ankle, knee and hip joints in a fun and social setting. Participants must be able to stand for 30 min. Chairs will be used for balance and flexibility.

Instructor: Christine Location: Lower Level

Wednesday, April 16 | 6-6:45pm | Pilates

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

Instructor: Cindy Location: Studio 2

Friday, April 18 | 10-11am | Yin Yoga

The perfect compliment to dynamic styles of yoga, this class focuses on deeper stimulation and targets the connective tissue of the pelvis, hips and lower spine.

Instructor: Bill Location: Lower Level

Friday, April 18 | 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, April 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

Wednesday, April 23 | 10-11am | Progressive Hatha

This all-levels yoga class offer familiar postures at a slower pace and with slightly longer holds. Class will include a warm-up, sun salutations, strength & balance, core work, twisting, folding poses & shivasana. Props are NOT used in class.

Instructor: Bill Location: Lower Level

Thursday, April 24 | 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, April 25 | 10:15-11am | Mobility

We will explore our active range of motion in this full body mobility class. Note: floor work is included.

Instructor: Kate L Location: Lower Level

Friday, April 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

Saturday, April 26 | 9:30-10:15am | Pound

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

Instructor: Lynn Location: Lower Level

Monday, April 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

Tuesday, April 29 | 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