

# POPUP GROUP EX CLASSES



More classes on the back!

**Lucking lifting all month long!**

**Tuesday, March 4 | 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, March 5 | 6-6:45pm | Pilates**

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

Instructor: Cindy Location: Lower Level

**Friday, March 7 | 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 followed by a nice shivasana.

Instructor: Bill Location: Lower Level

**Saturday, March 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, March 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, March 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

**Tuesday, March 18 | 6-7pm | Rope Flow**

Challenge your body and your brain with rope flow! This practice boosts rhythm, timing, coordination, and helps relieve stress while promoting joint health and lymph flow. No jumping required!

Instructor: Kate Location: Studio 2

**Wednesday, March 19 | 6-6:45pm | Stepping It Up**

Level up your workout with an energetic and total body step class guaranteed to get your heart pumping.

Instructor: Cindy Location: Lower Level

**Thursday, March 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, March 21 | 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 followed by a nice shivasana.

Instructor: Bill Location: Lower Level

**Friday, March 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

**Saturday, March 22 | 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

# Lucky to have more pop-up classes!

## **Monday, March 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, March 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, March 26** | 6-6:45pm | **Fitness Dance Party**

A little bit of dance, a little bit of strength and a whole lot of fun! This light weight workout will get your heart pumping and tone your muscles for a fun whole body workout set to an awesome playlist.

Instructor: Cindy Location: Lower Level

## **Friday, March 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

## **Monday, March 31** | 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