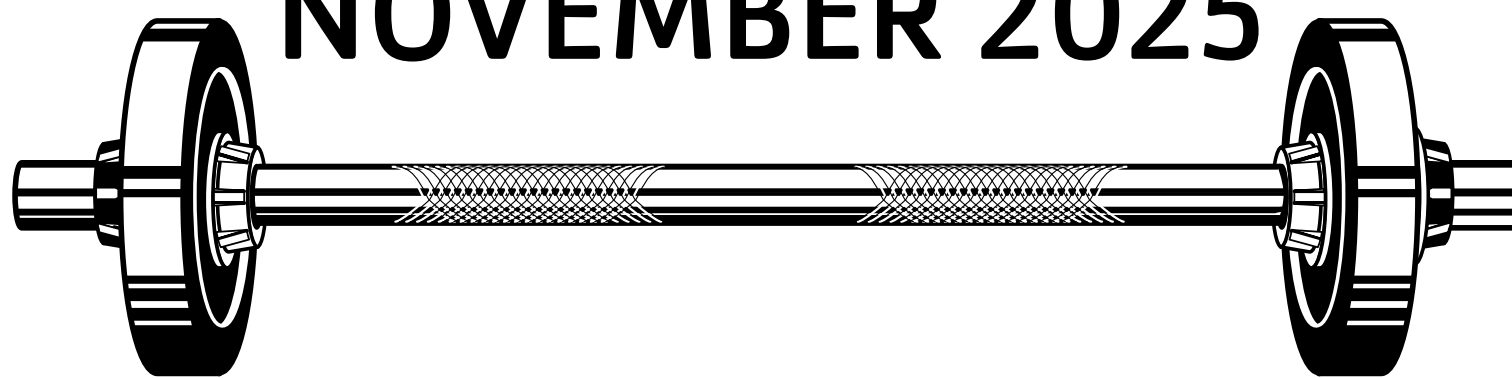




POP UP GROUP EXERCISE CLASSES

NOVEMBER 2025



**Wednesday
November 5th**

Intro to Cross Training

Learn the fundamentals of key lifts and exercises, then put your skills to the test with a quick, beginner-friendly mini WOD.

9:45-10:45AM
Studio A – Colin C.

**Sunday
November 9th**

Sunday Sweat

Kick off your Sunday with a dynamic mix of weights and movement – the perfect energizing lead-in to our fan-favorite Sunday Stretch class.

8:15-9:00AM
Studio A – Kelli S.

**Monday
November 10th**

BarreCycle

High-energy cycling meets sculpting barre work.

8:30-9:15AM
Studio B – Michelle W.

**Wednesday
November 12th**

Intro to Cross Training

Learn the fundamentals of key lifts and exercises, then put your skills to the test with a quick, beginner-friendly mini WOD.

9:45-10:45AM
Studio A – Colin C.

**Friday
November 14th**

Clubercise

Beginner-friendly dance fitness with glow sticks, club lights, and nonstop fun!

7:00-7:45PM
Studio A – Carol V.

**Wednesday
November 19th**

Intro to Cross Training

Learn the fundamentals of key lifts and exercises, then put your skills to the test with a quick, beginner-friendly mini WOD.

9:45-10:45AM
Studio A – Colin C.

**Sunday
November 23rd**

Sunday Sweat

Kick off your Sunday with a dynamic mix of weights and movement – the perfect energizing lead-in to our fan-favorite Sunday Stretch class.

8:15-9:00AM
Studio A – Kelli S.

**Friday
November 28th**

Clubercise

Beginner-friendly dance fitness with glow sticks, club lights, and nonstop fun!

7:00-7:45PM
Studio A – Carol V.