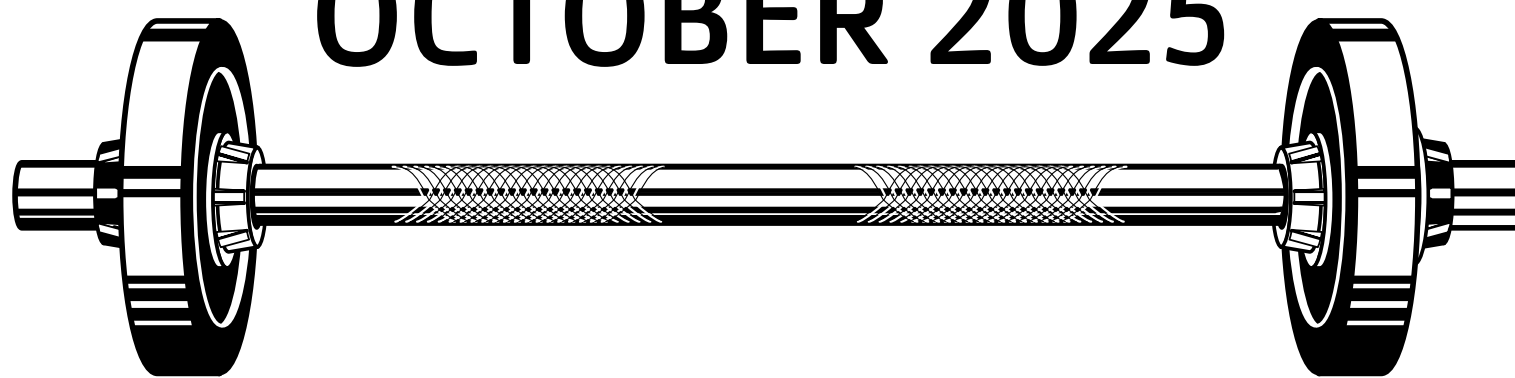




POP UP GROUP EXERCISE CLASSES

OCTOBER 2025



October 3rd

Hot Steps: Beginner Edition

Join Kayla, instructor of Step It Like It's Hot, as she breaks down the moves for beginner-friendly hip hop step aerobics.

7:00–8:00PM
Studio A – Kayla G.

October 5th

BarreCycle

High-energy cycling meets sculpting barre work.

8:00–8:45AM
Studio B – Michelle W.

October 6th

Lift & Cycle

A total-body workout mixing high-energy cycling with strength training.

8:30–9:30AM
Studio B – Amy M.

October 10th

Hot Steps: Beginner Edition

Join Kayla, instructor of Step It Like It's Hot, as she breaks down the moves for beginner-friendly hip hop step aerobics.

7:00–8:00PM
Studio A – Kayla G.

October 17th

Clubercise

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

7:00–7:45PM
Studio A – Carol V.

October 24th

Clubercise

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

7:00–7:45PM
Studio A – Carol V.