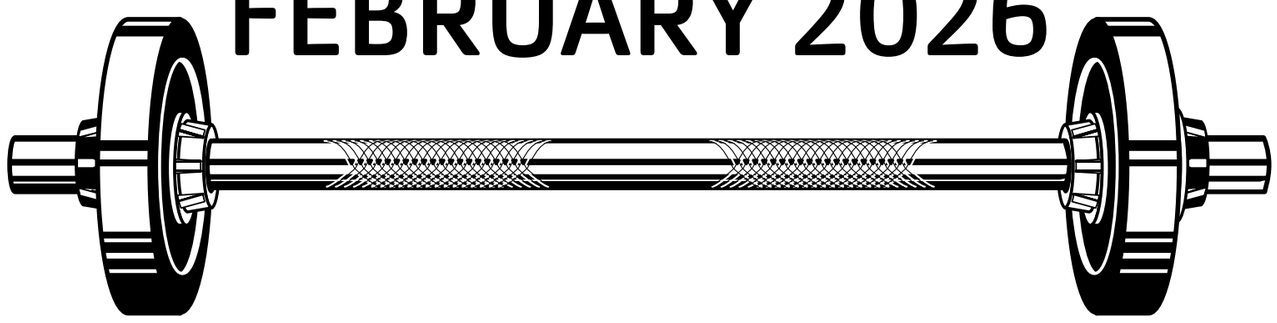
POP UP GROUP EXERCISE CLASSES

FEBRUARY 2026



February 8th

Cardio Drumming

Using drumsticks and stability balls; it combines creativity and fitness to give you an exciting aerobic workout.

9:45–10:15AM

Studio A – Michelle W.

February 17th

Warrior Kids

Stay active and connect with your little one in this playful class designed to get families moving and having fun..

4:00–4:40PM

Studio A – Carol V.

February 20th

Warrior Kids

Stay active and connect with your little one in this playful class designed to get families moving and having fun..

4:00–4:40PM

Studio A – Carol V.

February 20th

Clubercise

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

7:00–7:45PM

Studio A – Carol V.

February 22nd

Pedal & Plank

High-energy cycling workout with core work designed to build strength and stability.

8:00–8:45AM

Studio B – Marianne S.

February 28th

Cardio Drumming

Using drumsticks and stability balls; it combines creativity and fitness to give you an exciting aerobic workout.

8:30–9:00AM

Studio A – Kelli S.