

TUESDAY
5:30pm
POP UP
CLASS

May 7

Barre and Barbells, Monica

Class will take place in the Mind & Body Studio

May 14

Mat Pilates, Jessica

Class will take place in the Mind & Body Studio

May 21

Yin Yoga, Tricia

Class will take place in the Mind & Body Studio

May 28

Total Body Tabata, Shauna

Classes take place in the Aerobics Studio unless noted otherwise.