

POPU GROUP EX CLASSES



Supporting the strong women in our community

Friday, May 2 | 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, May 3 | 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

Monday, May 5 | 10-11am | Yin Yoga

The perfect compliment to dynamic styles of yoga, this class focuses on deeper stimulation and targets the connective tissue of the pelvis, hips and lower spine.

Instructor: Bill Location: Lower Level

Monday, May 5 | 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, May 5 | 12:30-1pm | Groove

Get ready for a rhythm revolution that will get your heartrate up and keep you moving without worrying about balance in this seated, choreographed dance class.

Instructor: Jenny Location: Lower Level

Tuesday, May 6 | 6-6:45pm | Pilates

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

Instructor: Cindy Location: Studio 2

Thursday, May 8 | 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, May 9 | 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, May 10 | 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, May 12 | 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 & shivasana. Props are NOT used in class.

Instructor: Bill Location: Lower Level

Monday, May 12 | 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, May 13 | 6-7pm | Zumba Fusion

A fun Zumba workout with mixed intervals of intensity combined with balance work and muscle toning.

Instructor: Tina Location: Lower Level

May the strength be with you!

Friday, May 16 | 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, May 19 | 10-11am | Yin Yoga

The perfect compliment to dynamic styles of yoga, this class focuses on deeper stimulation and targets the connective tissue of the pelvis, hips and lower spine.

Instructor: Bill Location: Lower Level

Monday, May 19 | 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, May 20 | 12:30-1:15pm | Groove

Get ready for a rhythm revolution that will get your heartrate up and keep you moving without worrying about balance in this seated, choreographed dance class.

Instructor: Jenny Location: Lower Level

Tuesday, May 20 | 6-6:45pm | Pilates

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

Instructor: Cindy Location: Studio 2

Thursday, May 22 | 12:30-1:15pm | Silver Sneakers Splash

Join us in the pool for a fun aquatic Silver Sneakers that focuses on physical endurance, mobilizing joints and improving balance - all while incorporating functional movement patterns.

Instructor: Jenny Location: Pool

Thursday, May 22 | 6-7pm | Zumba Fusion

A fun Zumba workout with mixed intervals of intensity combined with balance work and muscle toning.

Instructor: Tina Location: Lower Level

Friday, May 23 | 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, May 27 | 6-7pm | Zumba Fusion

A fun Zumba workout with mixed intervals of intensity combined with balance work and muscle toning.

Instructor: Tina Location: Lower Level

Friday, May 30 | 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