NOVEMBER GROUP FITNESS CLASS SCHEDULE

Monday 5:30 – 6:20 a.m. SCULPT – Ella

Wednesday 6:00 – 6:50 p.m. SCULPT – Ella

Wednesday 7:00 – 8:00 p.m. DANCE FITNESS – Jenn

Thursday 7:00 – 7:50 p.m. PILATES – Pamela

Friday 5:30 – 6:20 a.m. SCULPT – Ella

Friday 5:30 – 6:20 p.m. Pilates – Pamela

Saturday 8:00 – 8:50 a.m. PILATES – Pamela

Saturday 9:00 – 10:20 a.m. YOGA FLOW – Jody

Sunday 5:30 – 6:30 p.m. YOGA – Monica

New to the schedule!

Saturday 9:00 - 10:20 a.m. YOGA FLOW - Jody

Yoga Flow is a feel good class that connects movement, breath, and mindfulness through a series of flowing yoga poses. Build strength, improve flexibility, and gently elevate your heart rate as you move through intentional sequences that challenge your body while calming your mind. Whether you're looking to break a sweat, stretch, strengthen, or simply take a moment for yourself, this class offers a welcoming space to move, breathe, and reconnect. All levels are welcome!



FREE CLASS all November long! Registration is required, to hold your spot!

Saturday, November 14th, 21st, and 28th

Tuesday, November 24th Pop-Up Classes

Tuesday, November 24th 5:30 - 6:15 p.m.
CARDIO DRUMMING - Mindy
Registration is required



Tuesday, November 24th Pop-Up Classes

Tuesday, November 24th 6:30 – 7:30 p.m.
THROW DOWN – Mindy
Registration is required



THE VIRAL DANCE FITNESS FORMAT

THROW DOWN® 101

If you're looking for a true high-cardio dance fitness format, this is the class for you! **Throw Down® 101** features choreographed routines with an emphasis on hip-hop throwbacks and top hits. Each routine is broken down before doing it full out! **REGISTER HERE!**

JOIN US!

@ the Co-Op
1320 E Michigan Ave
Marshall, MI



THROW DOWN FLY CERTIFIED INSTRUCTOR™
MINDY OTTO

WHO IS FLY DANCE FITNESS®?

We're a dance fitness community and our mission transcends beyond just workouts; it's about creating an experience each time you participate in class. We celebrate movement, fostering an inclusive community, and witnessing potential turn into achievement.

@FLYDANCEFITNESS

