

ADULT SPRING SCHEDULE

Begins Jan 12th
Ends June 5th
Drop-in \$30

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Latin/Hip Hop Fusion

Footwork, connection, and music that empowers you every week.

8:45-9:45am
w/ Brianna

Hip Hop Fusion Workout

Beginner class that uses Hip Hop Dance to inspire a fun dance workout.
10:00-11:00

w/ Brianna

Beg/Int. Ballet

Build strength, improve posture in a supportive fun class

8:30-9:30am
w/ Amanda

Strength & Conditioning

Build power and stability with bands, weights, and stretch.

8:30-9:15am
w/ Amanda

Pilates

A classic Pilates practice designed to challenge and restore

9:30-10:30am
w/ Maya

Latin/Hip Hop Fusion

Footwork, connection, and music that empowers you every week.

8:30-9:30am
W/ Brianna

Light Weights & Myofascial Release

Lift, roll, and build posture with kinesiologist guidance.

9:30-10:30am
w/ Sandra

Grateful Pilates

Explore fascia, muscles, and breath to unlock your body's fluidity & strength.

8:30-9:30am
w/ Maxine

Afro Beats

West African rhythms meet contemporary moves for a full-body workout

10:00-11:00am
w/ Kailah

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Saturday

Stretch, Strength & Roll floor work 8:00-8:45am Latin/Hip Hop Fusion w/ Amanda 8:45-9:45am w/ Brianna	Beg. Ballet 8:30-9:30am w/ Amanda	Strength & Conditioning Full body strength & balance focused 8:30-9:15am w/ Amanda	Latin/Hip Hop Fusion 8:30-9:30am W/ Brianna	Grateful Pilates full body strengthening 8:30-9:30am w/ Maxine	Gentle Yoga body transition focused (prenatal to menopause) 9:00-10:00am w/ Sofia
		Pilates classic pilate mat class 9:30-10:30am w/ Maya	Core & Restore strengthening with light weights (full body focused) 9:30-10:15am w/ Sandra (starts 10/9)	Restorative Yoga 9:45-10:45am w/ Michael	Afro Beats fun rhythmic dance/ all levels 10:00-11:00am w/ Kailah
		Power Yoga fast-paced focused on strength and endurance 12:30-1:15pm w/ Garth		Vinyasa Flow 12:00-1:00pm w/ Michael	
			Strength & Conditioning A sweat worthy class, fast pace 6:30-7:15pm w/ Nicole		