

POP-UP CLASSES

August 2025

GROUP FITNESS | THE ARENA CLUB

AQUA LINE DANCING WITH MOLLY

August 8 - 8:00am REG POOL



Saddle up and splash down! This low-impact, high fun class brings the joy of line dancing to the water. Set to upbeat country, pop, and party hits, you'll learn classic line dance moves adapted for the pool. Bring your energy and your love for fun in the sun!

LES MILLS PILATES WITH MEGHAN

August 24 - 10:00am STUDIO 3



Pilates reimaged! Les Mills Pilates puts a Les Mills twist on traditional Pilates. The class uses science-backed movements to improve strength and mobility, modern breathwork and beautiful beats. This 45-minute workout will leave you feeling strong, uplifted and calm.

LES MILLS BODYCOMBAT WITH GRETCHEN

August 27 - 5:30pm STUDIO 2



BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Release stress, bring your best fighter attitude and leave inhibitions at the door. No experience is necessary to punch and kick your way to fitness.

