

POP-UP CLASSES

September 2025

GROUP FITNESS | THE ARENA CLUB

Try something new!

AQUA BARRE WITH ASHLEY

September 5 - 8:00am | Rec Pool

An Aqua Barre class combines traditional barre exercises with the natural resistance and support of water, offering a low-impact workout that improves cardio, strength, balance, flexibility, and core stability while reducing joint stress.

ALL TERRAIN TABATA WITH ANDY

September 12 - 9:15am | Outside Field

Enjoy the great outdoors AND a unique workout. You will be coached through a challenging tabata workout utilizing resistance bands, curbs, hills and more for a strength and cardio challenge.



AQUA FUSION WITH ASHLEY

September 19 - 8:00am | Rec Pool

Aqua Fusion is a high-energy class that combines dance-inspired cardio with toning moves to splash, sculpt, and energize your entire body.

BLOCK BY BLOCK: VINYASA FLOW YOGA WITH SAMANTHA

September 21 - 10:30am | Studio 3

Explore the power of yoga blocks in every pose! This flowing Vinyasa class links breath to movement, with blocks supporting alignment, balance, and smooth transitions. Deepen your stretches, improve alignment, and build strength. Whether you're a beginner or experienced yogi, just bring your curiosity and your breath!



LES MILLS BODYCOMBAT WITH GRETCHEN

September 24 - 6:00pm | 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.

