

POP-UP CLASSES

November 2025

GROUP FITNESS | THE ARENA CLUB

Try something new!

HATHA YOGA WITH SAMANTHA

November 6 - 6:30 pm | Studio 3

Recharge your body and mind in this Hatha yoga class combining gentle movement, breathwork, and mindful stretching. Perfect for beginners and experienced yogis, this class offers a balanced reset to end your week.



HOT BARRE WITH ASHLEY

November 10 - 5:30pm | Studio 3

Hot barre blends ballet inspired movements with strength training and barre in a heated room, sculpting lean muscles, improving flexibility, and boosting endurance for a full-body workout.

CARIBBEAN HEAT AQUA DANCE WITH VAL

November 15 - 9:00am | Lap Pool

**(Please note this class will take the place of Aqua Zumba).*

Caribbean Heat Aqua Dance is a high-energy water aerobics class that blends Caribbean-inspired dance movements with aquatic fitness, offering a fun, full-body workout to upbeat world rhythms while minimizing joint impact.

BODYPUMP 45 WITH WENDY

November 21 - 8:30am | Studio 2

The "original" barbell workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP 45 gives you a total body workout in just 45 minutes.

