



FITLAB

Saturday @ 10:30 am

April 5:	Yoga Balance with Leah	Studio 4
April 12:	Belly Dance with Ariel	Studio 2
April 19:	Intro to Cycle with Mallory	Studio 3
April 26:	Yoga Balance with Leah	Studio 4



An innovative class
where instructors can
practice new formats
and YOU can be part of
the process!

Yoga Balance:

Discover the fundamentals of yoga inversions in a supportive and engaging class. Build strength, balance, and confidence with guided progressions and accessible techniques—no experience required!

Belly Dance:

A fun, energizing class that combines the art of bellydance with a full-body workout. You'll learn basic hip drops, shimmies, and isolations while improving core strength, flexibility, and coordination. Set to upbeat music, this class is perfect for all levels—no dance experience needed!

Intro to Cycle:

A beginner-friendly class designed to introduce you to the fundamentals of indoor cycling. You'll learn proper bike setup, posture, and cycling techniques while riding to energizing music. This low-impact, high-energy workout will help build endurance, strength, and confidence in a fun and supportive environment. Perfect for all fitness levels!

Yoga Balance:

Discover the fundamentals of yoga inversions in a supportive and engaging class. Build strength, balance, and confidence with guided progressions and accessible techniques—no experience required!