

A creative space
to explore fresh
offerings and YOU
get to experience
them first!



Saturday @ 10:30 am

December 6: Dance Showcase with Marshawn
December 13: Pilates with Vivianna
December 20: Strength & Mobility with Bonnie

Studio 2
Studio 4
Studio 1

FIT LAB



Dance Showcase:

Join us as prospective dance instructor Marshawn guides a lively mix of line dance, ballroom, and hip hop. Take part in his working interview and share your thoughts to help support our instructor selection process.

Pilates:

Be among the first to experience a new instructor in action! This dynamic Pilates session is a hands-on opportunity to support and shape the growth of emerging instructors. Your participation and constructive feedback will help refine her teaching as she prepares to lead regular classes. Join us and be part of the journey from the very beginning!

Strength & Mobility:

This 45 functional strength class is designed to help you move better, feel better, and get stronger, blending mobility training, muscle activation, and functional strength circuits using sliders, bands, bars, kettlebells, and bodyweight. Perfect for anyone wanting to improve joint range of motion, stability, balance, and everyday movement strength. Expect energizing circuits, mobility flows, and movements that make your body feel amazing.

