

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



Saturday @ 10:30 am

March 7 : Step Aerobics with Andrea

Studio 1

March 14: You Row Girl with Dustin

Studio 6

March 21: Zumba Footwork Fundamentals with Joenelle

Studio 2

March 28: Stretch & Sound with Tessa

Studio 4

FIT LAB



Step Aerobics:

Step Aerobics is a high-energy cardio workout that uses an adjustable step platform to build endurance, coordination, and lower-body strength. Set to motivating music, this class combines easy-to-follow choreography with athletic movements to elevate your heart rate and keep you moving. Great for all fitness levels, with modifications provided.

You Row Girl:

A powerful, music-driven rowing workout celebrating iconic women in rock and pop. Push through energizing intervals while learning how these trailblazers shaped music and culture. Strong strokes, inspiring stories, and a full-body burn.

Zumba Footwork Fundamentals:

Break down the basics in this beginner-friendly class focused on core Zumba Step footwork patterns. We slow it down, teach proper technique, and build confidence so you're ready to step into any Zumba Step class with ease.

Stretch & Sound:

Begin with gentle, guided stretching to release tension, improve mobility, and ease the body into relaxation. Class concludes with a calming sound meditation featuring soothing sound bowls, allowing you to fully unwind, reset your nervous system, and leave feeling grounded and restored.

