



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



Saturday @ 10:30 am

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| May 2: | Flow Circuit with Misty | Studio 1 |
| May 9: | Couples Yoga with Jess | Studio 4 |
| May 16: | Intro to Ballet Movement with Emily | Studio 2 |
| May 23: | Foam Rolling with Emily | Studio 4 |
| May 30: | Hip Hop Cardio with Marshawn | Studio 2 |

FIT LAB

Flow Circuit:

45-minute Flow Circuit workout featuring smooth, continuous movement that blends strength, mobility, and light conditioning. Designed for all levels, this class keeps you moving at a steady, comfortable pace without feeling rushed.

Couples Yoga:

Reconnect, restore, and grow together in Couples Yoga—a playful, supportive class that deepens connection through movement, breath, and trust. Enjoy gentle stretching, partner poses, and mindful breathing while building communication, balance, and mutual support.

No experience needed. Come to relax, have fun, and move in sync—expect laughter, light challenges, and moments of calm together.

Intro to Ballet Movement

A welcoming, beginner friendly ballet-inspired class that meets you exactly where you are—no experience needed, just a desire to move and feel good. Expect graceful, low-impact movements that build strength, improve posture, and leave you feeling energized and empowered.

Foam Rolling

A Pilates-based class that combines foam rolling and controlled movement to improve mobility, release muscle tension, and build core strength. Slow, focused, and effective for recovery and alignment.

Hip Hop Cardio

A high-energy cardio class featuring easy-to-follow, repetitive hip hop line dance moves. Build confidence as you pick up the rhythm, get your heart rate up, and enjoy a fun, full-body workout—no dance experience needed.