



FIT LAB

A creative space with something new to explore every week.

Saturday @ 10:30 am

September 12: ChairYogalates with Andrea

Studio 1

September 19: Salsa with Marshawn

Studio 2

September 26: Family Sound Snuggle with Tessa

Studio 1



Chair Yogalates:

Chair Yogalates combines the strengthening and core-focused movements of Pilates with the flexibility, balance, and mindful movement of yoga—all with the support of a chair. This low-impact class is designed to improve strength, mobility, posture, balance, and flexibility while making movement accessible for a variety of fitness levels and abilities.

Salsa:

A fun and energetic class that introduces you to the rhythm, movement, and basic steps of salsa. Learn easy-to-follow combinations while building confidence, coordination, and musicality in a welcoming, social atmosphere. No dance experience is required—just bring your energy and have fun!

Family Sound Snuggle:

A slow, intentional space for families to connect, move, and reset together. Begin with gentle movement to get the wiggles out, then settle into soothing crystal singing bowls and calming sound vibrations. Sound gently supports a shared reset—helping settle the nervous system, sync hearts, and create a moment of care for both you and your child. Kids of all ages are welcome to move, rest, or explore, with no expectation of stillness or silence. Bring a blanket or anything that helps you and your child feel comfortable.

