

FIT LAB

A creative space with something new to explore every week.

Saturday @ 10:30 am

November 7:	Pilates Sculpt with Viviana	Studio 4
November 14:	Toy Box with Kate	Studio 1
November 21:	Virgina Reel with Susanna	Studio 2
November 28:	Pelvic Floor Awareness with Kathrina	Studio 4

Pilates Sculpt:

Pilates Sculpt combines classic Pilates movements with weights to build strength, improve core stability, and tone muscles from head to toe. Enjoy controlled, intentional movements set to fun, upbeat music that keeps you moving and motivated. A great blend of strength, balance, and feel-good energy for all fitness levels!

Toy Box:

A fun, full-body strength training circuit that puts a playful twist on your workout! We'll pull out all the toys and equipment—from weights and resistance bands to balls and more—to challenge different muscle groups, build strength, and keep things fresh. Every station brings something new, so come ready to mix it up, work hard, and have fun!

Virgina Reel:

Step back in time and enjoy the fun of the Virginia Reel, a traditional folk dance full of lively music, simple steps, partner turns, and line dancing! Participants will learn the basic patterns while moving through the lines, changing partners, and enjoying this social, community-style dance. No dance experience is needed—just bring your energy and a willingness to have fun!

Pelvic Floor Awareness

Explore the connection between your pelvic floor, breath, and core in this Fit Lab. Learn how to engage and coordinate your pelvic floor with everyday movements and workouts to build strength, improve body awareness, and better support your body during exercise.