

GROUP FITNESS

Fun Fridays

JANUARY

04 | JAN

New Years Resolution Revolutions

5:30-6:30pm (SS) w/Cheryl M.

This New Year's themed spin class will focus on New Year's gone by (*Party like it's 1999 anyone?*) & on starting with a clean slate for 2019.

11 | JAN

Cardio Drumming Intervals

5:30-6:30pm (GFS) w/Lea

A fun, rhythmic workout using a ball and drum sticks. A creative calorie burn for everyone!

18 | JAN

Flow & Glow

5:30-6:30pm (MBS) w/JT

Illuminate your practice! This vinyasa style class will be taught in the dark with glow in dark bracelets, sticks and more!

25 | JAN

EMOM Challenge

5:30-6:30pm (GFS) w/Andrea

Get ready to work in this Every Minute on the Minute Challenge! Bootcamp style class with options to keep it suitable for most.

FEBRUARY

01 | FEB

California Dreamin'

5:30-6:30pm (SS) w/Cheryl M.

When the Michigan winter has got you feelin' blue, come enjoy a warm blast of summertime fun! An hour long spinning class set to the sounds of sun, surf and all things summer.

08 | FEB

Plyos & Pilates

5:30-6:30pm (GFS) w/Dara

The best of both worlds in this strength and cardio class based on core centered Pilates movement.

15 | FEB

Couples Yogalatte

5:30-6:30pm (MBS) w/Cheryl G.

Bring someone you love and enjoy a half hour of yoga and a half hour of Pilates.