



Pop-Up Fitness Classes

Try something new!

Join us for something NEW, classes start June 12, 2022

Register at the membership desk

Location	Class	Description	Time	Day	Start Date	End Date
Ron Edwards	Core Strength and Stretch	<i>Core Strength and Stretch is an opportunity to wake up our core muscles, as we gently stretch our bodies; the goal, to move well and feel good.</i>	10:00 AM	Wednesday	15-Jun-22	20-Jul-22
Ron Edwards	Speed Agility Quickness	<i>This class will be broken down into three parts; speed, agility and quickness. The speed portion will be focusing on increasing acceleration, power and improving running and jumping form. The agility block focuses on change of speed, direction and planes of motion. Quickness training involves movement within space, explosion and coordination.</i>	6:15 AM	Thursday	June 16th	July 21st
Flamborough	Yin Yoga	<i>Yin Yoga is a slow-paced style of yoga; it works deeply into our body with passive, longer-held poses.</i>	10:30 AM	Saturday	18-Jun-22	23-Jul-22
Flamborough	Queenax	<i>An all-in-one workout that wraps strength training, agility, core, and plyometrics together for one fantastic workout!</i>	7:15 PM	Monday	13-Jun-22	18-Jul-22
Les Chater	Queenax	<i>An all-in-one workout that wraps strength training, agility, core, and plyometrics together for one fantastic workout!</i>	8:30 AM	Thursday	June 16th	July 21st