


POP UP ZUMBA™


NEW GROUPX CLASS

 10/1 | 10:30am - 11:30am

Saturday

Pop Up Zumba™


with Stephanie H.


 Group X Room




JOIN OUR
COMMUNITY YOGA
GROUP CLASS


THE CLASS WILL BE HELD EVERY FRIDAY

 5:00pm to 6:00pm


 Serenity Studio

 7th October 2022


Sound Bowl Yoga
with Rose F.

 14th October 2022

Hot Yoga
with Bill M.

 21st October 2022

Serenity Yoga
with Julie H.

 28th October 2022

Hot Yoga
with Mike A.

For Members: the "fee" for members to attend this class is to bring one canned or dry food item to be donated to our spotlighted charity.

For Non- Members: There is a fee/donation of \$15 per person.

Bring a friend! Members and Non-Members are welcome.

