

FIT POP

COMMUNITY
FITNESS POP-UPS



SCAN TO SEE
WHERE WE'LL
POP-UP NEXT!



FITPOP SCHEDULE

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Training Camp Mount Trashmore 9-9:45am Dance Practice Mount Trashmore 10:30-11:30am	3	4	5 Line Dance Reaver Beach Brewing Co. 4-5pm	6 Stretch & Restore Francis Land House 9 – 10am	7 Cardio Dance Brigadoon Pines Park 10-11am
8	9 Training Camp Mount Trashmore 9-9:45am Dance Practice Mount Trashmore 10:30-11:30am	10	11	12 Line Dance Reaver Beach Brewing Co. 4-5pm	13 Stretch & Restore Francis Land House 9–10am	14 Cardio Dance TCC Joint-Use Library 9:30-10:30am
15	16 Training Camp Mount Trashmore 9-9:45am Dance Practice Mount Trashmore 10:30-11:30am	17	18	19 Line Dance Reaver Beach Brewing Co. 4-5pm	20 Stretch & Restore Francis Land House 9–10am	21 Cardio Dance Parks & Rec Landscape Building 9:30-10:30am
22	23 Training Camp Mount Trashmore 9-9:45am Dance Practice Mount Trashmore 10:30-11:30am	24	25	26	27	28
29	30 Training Camp Mount Trashmore 9-9:45am Dance Practice Mount Trashmore 10:30-11:30am					