

It's simple. Vibration attracts like vibration. Just like a reflection in the mirror, your surroundings.. your life, reflect the energy you are projecting. It's simple, Abundance = Abundance. Negativity = Negativity. Your thought projections = the life you live. Change the way you think = your life instantly changes.
-Autum Moon

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event	Join us for 108 Sun Salutation (Winter Solstice) Sunday Jan. 1st, 10am-12pm.			(F) Weight training, core & more 6:00pm-7:00pm	*Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	(Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am
*Schedule your private or stop by for a dip in the sauna between 10am-3pm.	(F) Vitality Strength & Flexibility 6:00pm-7:30pm	(Y)Chair Yoga 6:00pm-7:00pm	(Y)Beginners Yoga 6:00pm-7:00pm (Y) Prenatal + Postnatal (Preparation & Recovery) 7:15pm-8pm	(F) Weight training, core & more 6:00pm-7:00pm	*Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	(Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am
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<i>Happy Holiday's We are Closed</i>	(F) Vitality Strength & Flexibility 6:00pm-7:30pm	(Y)Chair Yoga 6:00pm-7:00pm	(Y)Beginners Yoga 6:00pm-7:00pm (Y) Prenatal + Postnatal (Preparation & Recovery) 7:15pm-8pm	(F) Weight training, core & more 6:00pm-7:00pm	*Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	(Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am (E) New Years Candle Lit Yin 6pm-7:15pm
(E) 108 Sun Salutations (Winter Solstice 2022 + New Year 2023) 10:00am-12pm	*Find reprieve from the Holiday by relaxing with a gentle yin practice. Join us for New Years Eve Candle Lit Yin Restorative Practice @ 6:00pm-7:15pm.			-Book your aerial private with us (Trapeze, Hammock, Olympic rings, Lyra) -Personal Training -Inversion Training -Reiki, etc.		

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