

WELLNESS CLASSES

MONDAY

10:30 AM Tai Chi for Health
Martina Steves

4:30 PM TRX Strength & Mobility
Coral Vogel Starts Oct. 19

5:30 PM Spin
Coral Vogel Starts Oct. 26

5:30 PM Spa Yoga
Steph Coleman Givens

THURSDAY

10:30 AM Pilates for a Strong Body
Martina Steves

4:30 PM Spin
Coral Vogel

5:30 PM Ignite & Flow: Heated Vinyasa
Kristin Cassidy

FRIDAY

9:30 AM Chill Bliss Gentle Yoga
Kristin Cassidy

SATURDAY

10:30 AM Barre New Class!
Jennie Cohen

WEDNESDAY

9:30 AM Chill Bliss Gentle Yoga
Kristin Cassidy

SUNDAY

10:30 AM

(on pause, returning
November 2026)



The Heart Rose Club | 11 Green St. Brattleboro VT
www.heartroseclub.com