

WELLNESSES CLASSES

MON 5:30 PM **Spa Yoga** with Steph Coleman
Givens

10:30AM **Pilates for a Strong Body**
with Martina Steves

TUE 4:30 PM **Spin®** with Tara Cheney

5:30 PM **Ignite & Flow: Heated Vinyassa**
with Kristin Cassidy

WED 9:30 AM **Chill Bliss Gentle Yoga**
with Kristin Cassidy

4:30 PM **Spin®** with Coral Vogel <<returning
Jan 2026

10:30 AM **Pilates for a Strong Body**
with Martina Steves

THUR 4:30 PM **Spin®** with Tara Cheney

5:30 PM **Ignite & Flow: Heated Vinyassa**
with Kristin Cassidy

FRI 9:30 AM **Chill Bliss Gentle Yoga**
with Kristin Cassidy

SUN 10:30 AM **Rise & Thrive: Sunday Heated
Yoga Flow**
with Kristin Cassidy



The Heart Rose Club | 11 Green St.