



# Weekly Class Schedule Changes December 15

## SAVE THE DATE!

New Location  
Open House  
January 10  
10:00 – 2:00

## DECEMBER 2025

**SAT 6 @ 10:00 am**

Glute, Core, Posture + MORE

**SUN 7 @ 10:00 am**

(Flow Through Winter

**SAT 13 @ 10:00 am**

Mat Pilates

**SAT 13 @ 11:00 am**

Full Body Weights

**MON 15 @ 6:30 pm**

Sound Bath & Meditation

## Welcome To The Team!



**Dawn Bennett**

CranioSacral Therapist | Licensed Massage Therapist |  
Deep Tissue | Visceral Therapist | EFT Tapping

Scan me to find out more

