

Monday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Angie
4:30 pm	Weights + Core - With Emily
5:00 pm	Embracing Imperfection - With Margie
5:45 pm	Reformer Pilates - With Emily

Tuesday

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
12 pm	Weights & Core - With Emily
6:00 pm	Reformer Pilates - With Gina

Wednesday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Emily
6:30 pm	Yoga Candlelight Flow - With Meghan

Thursday

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
11:15 am	30 min Jump Board Pilates - With Emily
12 pm	Weights & Core - With Emily
4:30 pm	Reformer Pilates - With Emily
6:00 pm	Reformer Pilates - With Emily

Friday

8:30 am	Vinyasa Flow Yoga - With meghan
9:00 am	Reformer Pilates - With Emily

Saturday

9:00 am	Men's Mobility - With Kate
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Sunday

10 am	Pilates-Barre Fusion - With Angie
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JANUARY
2025

Special Events + Pop-Ups:

SAT 4:
Core, Gluts, Core and More

SAT 11+25:
Mat Pilates (with props)

SAT 11:
30-Minute Express Reformer Class

SAT 11:
Vision Board Workshop

TUE 28:
Find Your Center: Sound Bath + Meditation

Services:

- Pilates
- Barre
- Yoga
- P.T.
- Massage + Bodywork
- Nutrition
- Sound Bowl
- Private Events
- Workshops + Retreats

Align & Shine: Winter Wellness Festival!

Saturday, January 18 + 19

Scan me to find out more

