

JUNE 2026

Monday

7:30 am	Early Bird FIT Pilates - With Angie
9:00 am	Reformer Pilates -With Emily
11:30 pm	Slow Moving Yoga - With Lynn
1:00 pm	Yoga With Props - With Lynn
4:30 pm	Reformer Pilates - With Angie
5:45 pm	Reformer Pilates - With Emily

Tuesday

8:15 am	Vinyasa Flow Yoga - With Meghan
9:30 am	Reformer Pilates - With Emily
12:00 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

Thursday

8:15 am	Vinyasa Flow Yoga - With Meghan
9:30 am	Reformer Pilates - With Emily
10:45 am	Weights & Core Express - With Emily
12:00 pm	Elite FIT Pilates - With Angie
4:30 pm	Weights & Core - With Emily
4:30 pm	Fuel Your Strength & Fitness - Margie
5:45 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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6
SAT

Glutes, Core, & More
9:00 - 10:00 am - Dr. Ashley

8
MON

Early Bird FIT Pilates STARTS
7:30-8:30 am - Angie

11
THU

Elite FIT Pilates: Lunch Time STARTS
12:00-1:00 pm - Angie

13
SAT

Summer Combo 30-30-30
10:00-11:30 am - Emily

17
WED

Manifesting Meditation
7:00-8:15 pm - Jay

20
SAT

Summer Solstice Paddle & Sound Bath With Meditation
6:30-8:30 pm - Margie & Ali

22
MON

Rest Relax Restore: Sound Bath & Healing Touch
7:00-8:15 pm - Dr. Ashley & Ali

27
SAT

Summer Combo 30-30-30
**9:15-10:45 am - Emily

