



JULY  
2025

## Monday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Angie
4:30 pm	Lean Clean + Strong - W. Emily + 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

7:45 am	Pilates 90s Summer Series With Angie
9:00 am	Reformer Pilates -With Emily
4:30 pm	Reformer Pilates - With Emily

## 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

10:00am	(see special events: Pilates 1st and 4th Saturdays)
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**\*Check the modified July  
Schedule online for July 4-11\***

**SAT 12 @ 10:00 am**  
Mat Pilates With Props

**SAT 12 + 26 @ 10:45 am**  
Express Reformer Pilates

**SAT 12 + 26 @ 10:45 am**  
Express Reformer Pilates

**MON 21 @ 6:30 pm**  
Find Your Center Sound Bath

## NEW JULY CLASS!

*Pilates 90s Summer Series*  
Wednesday, July 9, 16, 23

Get ready to kick it old school this July with our Totally Fly 90s Pop-Up Pilates Barre Series! It's gonna be all that and a bag of chips — think fun flow, a bomb workout, and Angie's signature 90s mixtape bringing those nostalgic jams you forgot you LOVED (hello TLC, Salt-N-Pepa, Smashing Pumpkins, and Backstreet Boys 🎵).

Scan me to find out more

