

JULY 2026

Monday

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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1
WED

**Freedom of the Heart:
Cord Cutting & Sound Bath**
6:30 - 7:45 pm with Ali & Dawn

11
SAT

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

19
SUN

**See you at Stillwater
Lumberjack Days!**

22
WED

Grounded & Supported Sound Bath
6:30 - 7:30 pm with Ali

25
SAT

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

WHEN WAS YOUR LAST MASSAGE?

Stress, sore muscles, headaches, and everyday tension don't have to be your normal. Our massage therapists offer personalized treatments to help you feel your best.

Pro Tip: Summer schedules fill quickly, so be sure to book your appointment in advance!

