



MAY 2026

**Monday**

<b>9:00 am</b>	Reformer Pilates - With Emily
<b>11:30 pm</b>	Slow Moving Yoga - With Lynn
<b>1:00 pm</b>	Yoga With Props - With Lynn
<b>4:30 pm</b>	Reformer Pilates - With Angie
<b>5:45 pm</b>	Reformer Pilates - With Emily

**Tuesday**

<b>8:15 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:30 am</b>	Reformer Pilates - With Emily
<b>12:00 pm</b>	Weights & Core - With Emily
<b>6:00 pm</b>	Reformer Pilates - With Gina

**Wednesday**

<b>9:00 am</b>	Reformer Pilates -With Emily
<b>4:30 pm</b>	Reformer Pilates - With Emily

**Thursday**

<b>8:15 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:30 am</b>	Reformer Pilates - With Emily
<b>10:45 am</b>	Weights & Core Express - With Emily
<b>4:30 pm</b>	<b>Steps, Reps &amp; Results- Emily &amp; Margie</b>
<b>5:45 pm</b>	Reformer Pilates - With Emily

**Friday**

<b>9:00 am</b>	Reformer Pilates - With Emily
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**SAT 2 @ 10:00 am**  
Spring Fling 30-30-30 Class

**SAT 9 @ 10:00 am**  
Bloom & Breathe: Gathering + Sound Bath

**MON 11 @ 7:00 pm**  
Embodied Love 4 week Series Starts

**WED 13 @ 7:00 pm**  
Manifesting Meditation: Vortex Pyramid

**SAT 16 @ 10:00 am**  
Spring Fling 30-30-30 Class

**THU 28 @ 7:00 pm**  
Held in Love Sound Bath

**SAT 30 @ 10:00 am**  
Spring Fling: 30-30-30 Class

**Mother's Day is Sunday May 10!**

**Gift Ideas:**

- Bloom & Breathe Event
- Gift Card
- Massage
- Jewelry

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