



APRIL 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
7:15 pm	When Desire Goes Quiet - With Dawn

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
4:30 pm	Steps, Reps & Results- Emily & Margie
5:45 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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SAT 4 @ 10:00 am
Power Up Yoga Flow

MON 6 @ 7:00 pm
Find Your Center Sound Bath

SAT 11 @ 10:00 am
Spring Fling: 30-30-30 Class

WED 15 @ 6:30 pm
Sweet Surrender Sound Bath + Guided Breath

SAT 18 @ 10:00 am
Power Up Yoga Flow

WED 22 @ 6:30 pm
Sound Bath & Harpest

SAT 25 @ 10:00 am
Spring Fling: 30-30-30 Class

Step into April with fresh energy, steady breath, and space to bloom - at Align, we're here to support your growth



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