

# AUGUST 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>4:00 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 - Wlth Emily |
| <b>4:30 pm</b>  | Weights & Core - With Emily         |
| <b>5:45 pm</b>  | Reformer Pilates - With Emily       |

## Friday

|                |                               |
|----------------|-------------------------------|
| <b>9:00 am</b> | Reformer Pilates - With Emily |
|----------------|-------------------------------|

**8**  
SAT

### Summer Combo 30-39-30

10:00-11:30 am - Emily

**11**  
TUE

### Duoble Dose of Sunshine: Pilates & More Pop Up

4:45 pm - Dr. Ashley & Angie

**19**  
WED

### Sweet Surrender: Sound Bath & Guided Breathwork

6:30-8:00 pm - Ali & Jay

**22**  
SAT

### Summer Combo 30-30-30

10:00-11:30 am - Emily

**29**  
SAT

### Morning Paddle & Sound Meditation (At Perch Lake)

9:00-11:00 am - Margie & Ali

## MAKE TIME TO RESTORE!

Movement is only one part of feeling your best.  
Give your body some extra love this month with

### Massage Therapy at Align.

Massage can be a wonderful way to slow down,  
release built-up tension, and create intentional  
space for rest and recovery.

**Your body works hard for you.**

**Give it a little care in return.**

