December 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
4:30 pm	Pilates Reformer + Strength Combo
5:45 pm	Reformer Pilates - With Emily

Friday	
9:00 am	Reformer Pilates - With Emily

12 SAT — **Winter Combo 30-30-30**
10:00-11:30 am - Emily

13 SUN — **Sunday Reset Sound Bath**
6:30-7:30 pm- Ali

16 WED — **Solstice Heart Renewal Sound Bath**
5:00-7:00 pm - Ali & Dawn

23 WED — **Holly Jolly Pilates Pop Up**
10:30-11:30 am - Angie

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This holiday season, give a gift that truly makes a difference—the gift of feeling good! Whether it's a relaxing massage, energizing group fitness classes, or personalized care through our private services, there's something for everyone at Align Optimal Wellness.

Give your loved ones (or yourself!) the gift of movement, relaxation, and self-care this season.



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