



JULY 2024

Special Events + Pop-Ups:

Weekly Schedule:

Monday

| | |
|----------------|-------------------------------|
| 9:00 am | Reformer Pilates - With Emily |
| 4:30 pm | Reformer Pilates - With Angie |
| 4:30 pm | Barre - With Emily |
| 5:45 pm | Reformer Pilates - With Emily |

Tuesday

| | |
|----------------|---------------------------------|
| 8:30 am | Vinyasa Flow Yoga - With Meghan |
| 9:00 am | Reformer Pilates - 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

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| 8:30 am | Vinyasa Flow Yoga - With Meghan |
| 9:00 am | Reformer Pilates - With Emily |
| 4:30 pm | Reformer Pilates - With Emily |
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Friday

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| 9:00 am | Reformer Pilates - With Emily |
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SAT 6 + 20: Pop-Up Yoga

SAT 6 + 20: Pop-Up Mat Pilates

TUE 9: MELT Method Workshop

SAT 13 + 27: Pop-Up Mat Pilates Fusion

MON 15 + WED 31: Pop-Up Yin Yang Yoga

TUE 16: Summer Stroll & Salad Swap

FRI 26: Asana Stretch

Services:

- Pilates
- Barre
- Yoga
- P.T.
- Massage + Bodywork
- Nutrition
- Sound Bowl
- Private Events
- Workshops + Retreats

651-387-8487

402 Main St N Unit 350 Stillwater

alignoptimalwellness.com





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