



JUNE
2025

Monday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Angie
4:30 pm	Lean Clean + Strong - W. Emily + Margie
5:45 pm	Reformer Pilates - With Emily

Tuesday

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
12 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

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
11:15 am	30 min Jump Board Pilates - With Emily
12 pm	Weights & Core - With Emily
4:30 pm	Reformer Pilates - With Emily
6:00 pm	Reformer Pilates - With Emily

Friday

8:30 am	Vinyasa Flow Yoga - With megan
9:00 am	Reformer Pilates - With Emily

Saturday

10:00am	(see special events: Pilates 1st and 4th Saturdays)
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SAT 14 @ 8:30 am

Stretch & Strengthen with Yoga + Core

SAT 14 @ 10:00 am

Mat Pilates With Props

SAT 14 @ 10:45 am

Express Reformer Pilates

MON 23 @ 6:00 pm

Find Your Center: Sound Bath & Guided Meditation

SAT 28 @ 10:00 am

Mat Pilates With Props

SAT 28 @ 10:45 am

Express Reformer Pilates

START 1:1 PILATES TODAY!

With Emily

- Mondays 11-2
- Wednesdays 11-2
- Fridays 11-2

*reach out to Emily to request additional times/days

Scan me to find out more

