



MAY
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 3:

Gluts, core & weights

TUE 6-27:

Nurtured Beginnings: Postpartum Wellness Series

SAT 10:

Stretch & Strengthen with Yoga + Core

SAT 17:

Spring Fling: A One-Day Retreat for Mind, Body & Soul

MON 19:

Find Your Center: Sound Bath & guided meditation

SAT 31:

Mat Pilates | 30 min express Reformer

Services:

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

Scan me to find out more

