

September 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 - Wlth Emily
4:30 pm	Weights & Core - With Emily
5:45 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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8

TUE

Soul Stories

7:15-8:45 pm - Margie & Melissa

11

FRI

Memorial Sound Bath

7:00-8:00 pm - Ali

12

SAT

Summer Combo 30-30-30

Pilates - Weights - Yoga

10:00 - 11:30 am - Emily

13

SUN

Yoga, Nature & Sound Bath:

An evening of peace and bliss

5:00 - 7:00 pm - Em, Meghan, Ali, Ashley

22

TUE

Self-Care Mini Retreat:

Reset, Restore & Reconnect

10:00 - 2:00 pm - Dr. Ashley

22

TUE

Double dose of sunshine:

Pilates and more!

4:45-5:45 pm - Dr. Ashley & Angie

23

WED

Sacred Relationships Sound Bath

6:00 - 7:00 pm - Ali & Dawn

26

SAT

Summer Combo 30-30-30

Pilates - Weights - Yoga

10:00 - 11:30 am - Emily

**BACK TO SCHOOL. BACK TO SCHEDULES.
BACK TO TAKING CARE OF YOU.**

