



NOVEMBER
2024

Weekly Schedule:

Monday

9:00 am	Reformer Pilates - With Emily
4:30 pm	Reformer Pilates - With Angie
4:30 pm	Weights + Core: Full Body - 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
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

8:30 am	Vinyasa Flow Yoga - With Meghan
9:00 am	Reformer Pilates - With Emily
12:00 pm	Weights & Core - With Emily
4:30 pm	Reformer Pilates - With Emily

Friday

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

SUNDAY

3:30 pm	6 Week Fit Pilates Series - With Angie
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Special Events + Pop-Ups:

SAT 2: 80's Music Inspired Pilates Flow

SAT 2: Pilates Barre Fusion

MON4-25: Mindset, Meditation, & Movement

SAT 9: glutes, Cores & Weights

THU 14: Relax, Release & Reset

FRI 15: Asana Stretch

SAT 16 + 20: Mat Pilates Class

Thanksgiving: Morning Class With Dr. Ashley

Thanksgiving: all other classes & services will resume Friday

Services:

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

Scan me to find out more

