

September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 12pm - Chair 5:15 - Functional Mobility 6:15 - Barre	3 5:15 - All Levels Flow 6:15 - Balanced Body 7:15 - Wall Pilates	4 12pm - Chair Yoga 5:15 - Strength for Life with Weights 6:15 - Candlelit Yoga	5 9:30am -Somatic Movement 7-9pm - "Own It" Chair Dance Experience	6 8am - Strength for Life with Weights 9:15 - Pelvic Floor
7 9:30 - Qigong Infused Yoga 7pm - Restorative Yoga	8 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Yoga for Trauma	9 12pm - Chair 5:15 - Functional Mobility 6:15 - Barre 7:15 - Pelvic Floor	10 5:15 - All Levels Flow 6:15 - Balanced Body 7:15 - Wall Pilates	11 12pm - Chair Yoga 5:15 - Strength for Life with Weights 6:15 - Candlelit Yoga	12 9:30am -Somatic Movement	13 8am - Strength for Life with Weights 9:15 -Zumba!
14 10-12:30pm - Intro to Yoga Workshop 7pm- Restorative Yoga	15 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Foundational Flow	16 12pm - Chair 5:15 - Functional Mobility 6:15 - Barre 7:15 - Yoga for Trauma	17 5:15 - All Levels Flow 6:15 - Balanced Body 7:15 - Wall Pilates	18 12pm - Chair Yoga 5:15 - Fall Fitness Fun with Elizabeth 6:15 - Candlelit Yoga	19 9:30am -Mindful movement 6-7:15 - Restorative with Reiki and Massage Event!	20 8am - Strength for Life with Weights 9:15 -Zumba!
21 9am - Balanced Body 10am - Pelvic Floor 7pm - Yoga for Trauma	22 7-8:30pm - Autumn Equinox Event with Soundbath w/Jen	23 12pm - Chair 5:15 - Functional Mobility 6:15 - Barre 7:15 - Foundational Flow	24 5:15 - All Levels Flow 6:15 - Balanced Body 7:15 - Wall Pilates	25 12pm - Chair Yoga 5:15 - Strength for Life with Weights 6:15 - Candlelit Yoga	26 9:30am -Mindful movement	27 8am - Strength for Life with Weights 9:15 -Zumba!
28 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	29 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Yoga for Trauma	30 12pm - Chair 5:15 - Functional Mobility 6:15 - Barre		 = special event	First class free Use code: FIRSTFREE	