

# movement class + workshop schedule f a l l

m o n d a y

9:00 am  
9:00 am  
10:00 am  
10:00 am  
11:15 am  
11:00 am  
11:15 am  
12:30 pm  
5:30 pm  
5:30 pm  
5:30 pm  
6:30 pm  
6:45 pm  
6:45 pm

lift + align  
hot pilates  
pilates with weights  
heated flow  
beginner aerial flow  
intro to THE dance collective  
beginner flow  
aerial floating meditation  
awakening energy flow  
pilates with weights  
heated power flow  
all level aerial flow  
yin yoga  
pearl flow

laurie  
sara  
ann-marie  
monica  
nichole  
ann-marie  
laurie  
sheri  
amy l  
ann-marie  
gabby  
yeoten  
michelle  
anne marie

t u e s d a y

9:00 am  
9:00 am  
10:00 am  
10:00 am  
10:00 am  
11:15 am  
11:15 am  
11:15 am  
5:30 pm  
5:30 pm  
5:45 pm  
6:30 pm  
6:45 pm

power flow  
THE ballet collective  
pearl flow  
lymphatic aerial flow  
functional strength  
yin-yasa flow  
lift + align  
breathe + release  
heated power flow  
TRX sculpt  
core pilates  
slow flow  
sound meditation

kia  
dana  
kelly  
macara  
kia  
heather  
kelly/kia  
amy l  
amanda  
christine  
sara  
savitha  
josh

w e d n e s d a y

9:00 am  
10:00 am  
10:00 am  
10:00 am  
11:00 am  
11:00 am  
11:15 am  
11:15 am  
5:30 pm  
5:30 pm  
5:30 pm  
6:30 pm  
6:45 pm  
6:45 pm  
6:45 pm

TRX sculpt  
pearl flow  
classical pilates  
qigong  
sound therapy  
aqua flow + strength  
all level aerial flow  
gentle flow  
hot pilates  
TRX sculpt  
chakra flow  
aqua cardio dance  
HIIT yoga sculpt  
slow flow  
restorative yoga + reiki

laurie  
kia  
ann-marie  
amanda  
amanda  
peggy  
suzanne  
savitha  
sara  
gabby  
laurie  
christina  
sara  
sarah  
laurie

drop in \$30

5 class pack \$110

10 class pack \$190

25 class pack \$395

monthly unlimited membership available

# thursday

9:00 am  
9:00 am  
10:00 am  
10:00 am  
11:00 am  
11:15 am  
5:30 pm  
5:30 pm  
5:30 pm  
6:30 pm  
6:30 pm  
6:45 pm  
6:45 pm

heated flow  
barre sculpt  
heated flow  
functional strength  
release + relax  
awakening energy flow  
heated flow  
lift + align  
breathe + release  
pilates with weights  
aqua strength + stretch  
lymphatic flow  
somatics + sound

anne marie  
elena  
heather  
kia  
kia  
amy l  
amanda  
lori  
amy l  
suzanne h  
peggy  
laurie  
amanda

# friday

8:45 am  
9:00 am  
9:00 am  
10:00 am  
10:00 am  
10:00 am  
11:00 am  
11:15 am  
11:15 am  
5:00 pm

outdoor flow (thru Sept)  
slow flow (starts 10.3)  
lift + align  
heated flow  
core pilates  
somatic movement  
THE dance collective  
beginner aerial flow  
lymphatic flow  
heated power flow

amanda/monica  
amanda  
ann-marie  
amanda  
sara  
ann-marie  
ann-marie  
macara  
heather  
ann-marie/kathleen

# saturday

8:00 am  
8:15 am  
9:15 am  
9:15 am  
10:00 am  
10:30 am  
10:30 am  
11:45 am  
11:45 am  
11:45 am

heated flow  
lift + align  
pearl flow  
TRX sculpt  
THE ritual practice  
sound meditation  
beginner aerial flow  
\$10 community flow  
beginner aerial flow  
breathe + release

stella  
lori  
jasmine  
gabby  
amanda  
josh  
suzanne  
rotating  
yeoten  
amy w/amy l

# sunday

9:00 am  
9:00 am  
10:00 am  
10:15 am  
10:15 am  
11:15 am  
11:30 am  
11:30 am  
12:30 pm

hot pilates  
beginner flow  
gentle flow  
barre sculpt  
heated power flow  
beginner aerial flow  
\$10 community flow  
yin yoga  
all level aerial flow

sara  
crystal  
amy l  
whitney  
heather  
tracy  
rotating  
romy  
Jacquelyn/Macara

## aerial floating sound + acupuncture

fri, 9.12, 10.3, 11.14, 6:30-8pm

## shamanic cacao + sound ceremony

fri, 10.24, 11.21, 6:30-8pm

## THE sound wave experience

fri, 9.12, 10.10, 11.14, 6-7pm

## THE new moon ceremony

sat, 9.20, 10.18, 11.22, 6-7:30pm

## THE full moon ceremony

sat, 9.6, 10.4, 11.8, 6-7:30pm

## aerial breathwork + reiki immersion

fri, 9.5, 6:30-8pm

sun, 10.5, 11.16, 2-3:30pm

## restorative aerial yoga + sound

fri, 10.10, 11.7, 6:30-8pm

## aerial floating acupuncture + sleep yoga

fri, 9.26, 10.24, 11.21, 6:30-8pm

## THE seven lights healing circle

sun, 9.2, 10.5, 11.2, 2-3:30pm

## manifesting your future partner

sun, 10.7, 11.12, 1-2:15pm

## somatic movement,

## reiki, + sound healing

fri, 9.26, 10.17, 11.14, 6:30-8pm

## \$30 community acupuncture

mon, 9.8, 10.13, 11.10, 11:15-12:15pm

## everyday nutrition: building a

## foundation for better health

sun, 9.7, 1:30-3pm

## engaging with your spirit team

sun, 9.14, 1-2:15pm

## introduction to divinity cards

sun, 9.14, 1:30-3pm

## return to center: a fall equinox

## astrology ceremony

fri, 9.19, 6:30-8pm

## inner mother healing

sun, 9.21, 1-2:15pm

## light + your body clock

sun, 9.21, 1-2:30pm

## aerial dance workshop

sat, 9.27, 6:30-8pm

## sacred sounds + reiki

fri, 10.3, 6:30-8pm

## past-life regression

sun, 10.12, 1:30-3pm

## THE fundamentals of aerial flow

sun, 10.25, 1:45-3:15pm

## calm in the chaos

sun, 10.26, 1:15-2:45pm

## inflammation uncovered

sun, 10.26, 2-3:30pm

## yoga for lower back pain

## + healthy spine

fri, 11.7, 6:30-8pm

## menopause + perimenopause

## healing circle

sun, 11.9, 1:30-3:30pm

## sweet sounds + rest

sun, 11.16, 1:30-3:30pm

## inner child healing

sun, 11.23, 1-2:30pm

## beginner bungee fitness

9.5, 9.12, 9.19, 9.26

10.3, 10.12, 10.24, 10.26

11.1, 11.2, 11.9, 11.23

## 6-week teen aerial yoga series

wed, 4-5pm

9.10, 9.17, 9.24, 10.1, 10.8, 10.15

## empowerment meditation series

fri, 6:30-7:30pm

9.5, 9.12, 9.19, 9.26

## "Lakefront Live Day of Dance"

## rehearsals

fri, 6:30-8pm

9.5, 9.12, 9.19