

Wellness Program

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 OPENING DAY	16 9am Yoga with Emily	17 9am Yoga with Emily
18	19 9am Yoga with Emily	20 9am Yoga with Emily	21 9am Yoga with Emily	22 9am Yoga with Emily	23 9am Yoga with Emily	24 9am Yoga with Emily
25 9am PILATES with Randi	26 9am Yoga with Emily	27 9am Yoga with Emily	28 9am Yoga with Emily	29 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	30 9am Yoga with Emily	31 9am Yoga with Emily

Wellness Program

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am PILATES with Randi	2 9am Yoga with Emily	3 9am Yoga with Emily	4 9am Yoga with Emily	5 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	6 9am Yoga with Emily	7 9am Yoga with Emily
8 9am PILATES with Randi	9 9am Yoga with Emily	10 9am Yoga with Emily	11 9am Yoga with Emily	12 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	13 9am Yoga with Emily	14 9am Yoga with Emily
15 FATHER'S DAY	16 9am Yoga with Emily	17 9am Yoga with Emily	18 9am Yoga with Emily	19 9am Yoga with Emily	20 9am Yoga with Emily	21 9am Yoga with Emily
22 9am PILATES with Randi	23 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	24 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	25 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	26 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	27 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	28 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
29 9am PILATES with Randi	30 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa					

Wellness Program

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	2 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	3 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	4 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	5 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
6 9am PILATES with Randi	7 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	8 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	9 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	10 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	11 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	12 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
13 9am PILATES with Randi	14 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	15 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	16 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	17 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	18 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	19 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
20 9am PILATES with Randi	21 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	22 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	23 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	24 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	25 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	26 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily

27	28	29	30	31		
9am PILATES with Randi	7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi		

Wellness Program

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	2 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
3 9am PILATES with Randi	4 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	5 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	6 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	7 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	8 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	9 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
10 9am PILATES with Randi	11 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	12 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	13 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	14 7am Sculpt with Rachel 8am Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	15 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	16 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
10 FITNESS POP UP TBD	11 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	12 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	13 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	14 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	15 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	16 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
24 FITNESS POP UP TBD	25 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	26 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	27 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	28 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	29 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	30 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
31						

FITNESS POP UP TBD						
--------------------	--	--	--	--	--	--

Wellness Program

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	2 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	3 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	4 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	5 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	6 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily
7 FITNESS POP UP TBD	8 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	9 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	10 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	11 7am Pilates Sculpt with Rachel 8am Classical Pilates with Rachel 9am Yoga with Emily	12 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	13 9am Yoga with Emily
14 FITNESS POP UP TBD	15 9am Yoga with Emily	16 9am Yoga with Emily	17 9am Yoga with Emily	18 9am Yoga with Emily	19 9am Yoga with Emily	20 9am Yoga with Emily
21 FITNESS POP UP TBD	22 9am Yoga with Emily	23 9am Yoga with Emily	24 9am Yoga with Emily	25 9am Yoga with Emily	26 9am Yoga with Emily	27 9am Yoga with Emily
28 FITNESS POP UP TBD	29 9am Yoga with Emily	30 9am Yoga with Emily				

Wellness Program

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 gam Yoga with Emily	2 gam Yoga with Emily	3 gam Yoga with Emily	4 gam Yoga with Emily
5 FITNESS POP UP TBD	6 gam Yoga with Emily	7 gam Yoga with Emily	8 gam Yoga with Emily	9 gam Yoga with Emily	10 gam Yoga with Emily	11 gam Yoga with Emily
12 FITNESS POP UP TBD	13 gam Yoga with Emily	14 gam Yoga with Emily	15 gam Yoga with Emily	16 gam Yoga with Emily	17 gam Yoga with Emily	18 gam Yoga with Emily
19	20	21	22	23	24	25
26	27	28	29	30	31	