

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 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 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 8am Classical Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO	8 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	9 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 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 8am Pilates with Rachel 9am Yoga with Emily 5pm PROSECCO	15 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	16 8am Classical Pilates with Rachel 9am Yoga with Emily
17 8am Classical Pilates with Rachel	18 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	19 8am Classical Pilates with Rachel 9am Yoga with Emily	20 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	21 8am Classical Pilates with Rachel 9am Yoga with Emily	22 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	23 8am Classical Pilates with Rachel 9am Yoga with Emily
24 9am Classical Pilates with Rachel	25 7am Sunrise Run with Alyssa 8am Yoga with Emily 9.15am Functional Strength with Alyssa	26 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 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 8am Classical Pilates with Rachel 9am Yoga with Emily
31 9am Classical Pilates with Rachel						

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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 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 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 8am Classical Pilates with Rachel 9am Yoga with Emily
7 9am PILATES with Randi	8 8am Yoga with Emily	9 9am Yoga with Emily	10 8am Yoga with Emily	11 9am Yoga with Emily 5pm PROSECCO PILATES with Randi	12 8am Yoga with Emily	13 9am Yoga with Emily
14	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	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	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	