



CLASS SCHEDULE

MONDAY

6:00 am CORE Strength
4:00 pm CORE Strength for Bone Health
5:00 pm CORE Barre

TUESDAY

6:00 am Yoga Pilates Fusion Flow
12:30 pm CORE Strength
3:30 pm CORE Strength
5:00 pm CORE Strength
5:45 pm MELT Method

WEDNESDAY

6:00 am CORE Strength
4:00 pm CORE Strength for Bone Health

THURSDAY

6:00 am Yoga Pilates Fusion Flow
9:30 am MELT for CORE Strength
12:30 pm CORE Strength
3:30 pm CORE Strength
5:00 pm CORE Strength
5:45 pm MELT Method

FRIDAY

6:00 am CORE Strength
8:30 am **Mat Pilates zoom

SATURDAY

9:00 am Yoga Pilates Fusion Flow

SUNDAY

4:00 pm Meditation

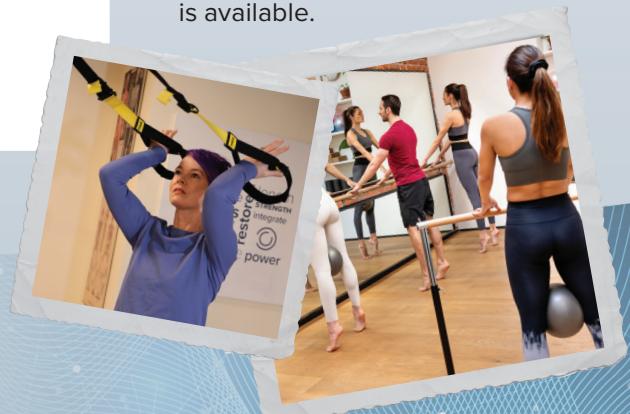
CCT Client Linda says:
“When I do this, it feels so subtle—but it really works. I used to be afraid of exercise because I thought it had to be intense to be effective. This approach changed everything.”

**Available Online via Zoom.
Studio Occupancy 3-4 participants.
Reservations recommended.
Walk-ins welcome as space is available.

Don't miss out on transforming your fitness journey—**sign up today** and experience the difference for yourself!



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Training Studio A



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