

Class Schedule Changes and New Instructors

Summer is here! We understand many of you will be out enjoying the beautiful weather, but don't forget to stop by the studio to continue caring for your health and well-being!

We are excited to announce that we have two instructors joining our team! Melissa Sanford-Mangette (TRX) and Becky Williamson (Cycling) have both been teaching at other locations, Melissa for 2 years and Becky for over 10 years! We are also welcoming back Stephanie Morgan to teach Pilates Reformer!

The following schedule changes will be in effect beginning June 1st.

NEW Classes:

- Wednesday 5:30-6:30 pm – Tabata Interval with Cheryl (replacing WOW)
- Wednesday 7:30-8:30 pm – Pilates Reformer 1 with Stephanie (replacing Thursday 6-7 pm)
- Thursday 5:30-6:15 pm – TRX with new instructor, Melissa (replacing Butts & Guts)
- Friday 6:30-7:30 AM – Warm Vinyasa with Chelsea (replacing Friday evening Hot Yoga)

Class changes:

- Tuesday 8:00-8:45 am – Cycle: new time and new instructor, Becky
- Wednesday 6:30-7:15 pm – Cycle: new instructor, Becky, starting July 11th; subs in June
- Thursday 10:15-11:00 am – Cycle: new instructor, Becky
- Thursday 12:00-1:00 pm – Gentle Yoga: Chelsea will sub for Glory most weeks until mid-August
- Sunday 5:15-6:30 pm – Warm Vinyasa: new time

Canceled classes:

- Tuesday 5:15-6:00 pm – Tabata Interval
- Wednesday 5:30-6:30 pm – WOW (being replaced by Tabata Interval)
- Thursday 5:15-6:00 pm – Butts & Guts (being replaced by TRX 5:30-6:15 pm)
- Thursday 6:00-7:00 pm – Pilates Reformer 1 (being replaced on Wednesday 7:30-8:30 pm)
- Friday 5:30-7:00 pm – Hot Yoga (being replaced by Warm Vinyasa 6:30-7:30 AM)
- Sunday 4:45-6:15 pm – Hot Yoga

Reminder: Class Cancellation Policy

With the arrival of summer comes fun in the sun and vacations, both of which lead to fewer people attending classes. To be fair to everyone, clients and instructors alike, our cancellation policy is:

Classes with too few people signed up will be canceled during the reception shift prior to the class.

Please sign up for the morning classes you want to attend before 7 pm of the prior evening shift, and sign up for the evening classes you want to attend before 11 am of the prior morning shift. If you decide to attend a class after this cutoff, please check online to make sure the class is still running before you show up at the studio. If you were registered for a class that has to be canceled, you will receive a phone call or text message, along with an email, informing you of the cancellation.