



Virtual Classes for Pilates & Yoga



Mondays at 8:15 AM - Pilates Mat
Dates: 3/30, 4/6, 4/13, 4/20, 4/27

Tuesdays at 9:45 AM - Yoga
Dates: 3/31, 4/7, 4/14, 4/21, 4/28

Wednesdays at 6:00 PM - Pilates
Dates: 3/25, 4/1, 4/8, 4/15, 4/22, 4/29

Thursdays at 8:30 AM - Pilates
Dates: 3/26, 4/2, 4/9, 4/16, 4/23, 4/30

Students download a free app called join.me and then are invited by the instructor with a code to join the class they are signed up for.

Sign up by e-mailing Megan at
megan@peacefulwaywellness.com