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HIGHLIGHTS FOR NOVEMBER

NOVEMBER 2024

HEAL'D FEMININITY

Every other Friday, connect to feminine energy (heels recommended) to heal & nurture yourself to confidence!

10th MOMMY & ME

New mom? Bring your baby (must be able to fit in a carrier) for this fun, 30min fitness class with our new mom Seshen Kwesi.

Member Perks

There are always chances to use your discounts and FREE event codes for members ONLY. **Don't forget to use your points before 12/31!

Calendar grid with columns for days of the week (SUN-SAT) and rows for dates (3-30). Includes class schedules, special events like 'HEAL'D FEMININITY' and 'MOMMY & ME', and a Thanksgiving notice.