

SEPT/OCT 2025 Wellness Calendar at The Evolve Studio

Yoga Fees: \$65 per 6-week Session

Strength/MIXFIT Fees: Drop In \$12, 5 pack for \$55, 10 pack for \$99

***NOTICE: At least 2 participants must sign up 2 hours before class time in order to hold class.**

PLEASE sign up online, on our App, or by messaging your instructor at least 2 hours before class.

**NOTE: EARLY AM MIXFIT CLASS
5:20-6:00 AM (M/W/F)
& POWER UP T/TH 8:30- 9:15AM
MOVED TO THE HIGH SCHOOL
WELLNESS CENTER**

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
	1 LABOR DAY	2	3	4	5 8:15-9:00 STRONG BONES, SHARP MINDS CLASS	6
7 6:30 pm Full Moon Community Drum Circle	8 6-Week Sessions 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	9 6-Week Session 5:30-6:30 pm Yoga + Pilates Fusion	10 6-Week Sessions 8-8:45 Morning Yoga 9-10 am Gentle Slow Flow yoga	11 6-Week Session 4:30-5:30 Yoga Sculpt 5:45-6:30 Yin Yoga	12 8:15-9:00 STRONG BONES, SHARP MINDS CLASS	13
14	15 6-Week Sessions 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	16 6-Week Session 5:30-6:30 pm Yoga + Pilates Fusion	17 6-Week Sessions 8-8:45 Moring Yoga 9-10 am Gentle Slow Flow Yoga	18 6-Week Session 4:30-5:30 Yoga Sculpt 5:45-6:30 Yin Yoga	19 8:15-9:00 STRONG BONES, SHARP MINDS CLASS	20
21 Restorative + Reiki 6-7:30 pm	22 6-Week Sessions 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels 6:30 pm New Moon Group Healling and Manifestation Ceremony	23 6-Week Session 5:30-6:30 pm Yoga + Pilates Fusion	24 6-Week Sessions 8-8:45 Morning Yoga 9-10 am Gentle Slow Flow Yoga	25 6-Week Session 4:30-5:30 Yoga Sculpt 5:45-6:30 Yin Yoga	26 No Class	27
28	29 6-Week Sessions 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels 6:30 Sound Bath w/Cathy Jo	30 6-Week Session 5:30-6:30 pm Yoga + Pilates Fusion	OCT 1 8-8:45 Morning Yoga 9-10 am Gentle Slow Flow PICKLEBALL LEAGUE STARTS!	2 6-Week Session 4:30-5:30 Yoga Sculpt 5:45-6:30 Yin Yoga	3 8:15-9:00 STRONG BONES, SHARP MINDS CLASS	4

BOOK NOW AT:

www.evolvewrightstown.com/events-calendar