

April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 9:15am Natick Barre Sculpt Monica 10:30am Sherborn / Virtual Sculpt Pilates Sandra 6:00pm Natick Zumba® Kayte 7:00pm Natick / Virtual Deep Stretch Sandra	2 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 6pm Natick Studio SHiNE™ Erin	3 9:15am Sherborn / Virtual FlowFIT Sandra 6:00pm Natick / Virtual Zumba® Andrea 7:00pm Natick Sculpt Pilates Cheryl	4 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 11:00am Sherborn Library Community Yoga Sandra 11:00am Sherborn Babywearing TONE Leigh 12n Natick Adult Beginning Ballet Gina 7pm Natick Studio SHiNE™ Erin	5 9:15am Natick / Hybrid Sweat Pilates Gina 11:00am Sherborn Babywearing TONE Leigh 12:10n Sherborn / Virtual Pilates and Stretch Sandra 12:15n Virtual SHiNE™ Express Erin	6	7 9:30am Virtual Zumba® Andrea 6:00pm Natick Adult Beginning Ballet Gina 7:00pm DanceFIT Community Living Room Bookclub
8 9:15am Natick Barre Sculpt Monica 10:30am Sherborn / Virtual Sculpt Pilates Sandra 6:00pm Natick Zumba® Kayte 7:00pm Natick / Virtual Deep Stretch Sandra	9 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 6pm Natick Studio SHiNE™ Erin	10 9:15am Sherborn / Virtual FlowFIT Sandra 6:00pm Natick / Virtual Zumba® Andrea 7:00pm Natick Sculpt Pilates Cheryl	11 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 11:00am Sherborn Library Community Yoga Sandra 11:00am Sherborn Babywearing TONE Leigh 12n Natick Adult Beginning Ballet Gina 7pm Natick Studio SHiNE™ Erin	12 9:15am Natick / Hybrid Sweat Pilates Gina 11:00am Sherborn Babywearing TONE Leigh 12:10n Sherborn / Virtual Pilates and Stretch Sandra 12:15n Virtual SHiNE™ Express Erin	13	14
15 School Vacation Week Patriot's Day / Marathon Monday 6:00pm Natick Zumba® Kayte 7:00pm Pre Recorded Marathon Day Deep Stretch Sandra - available all week!	16 6pm Natick Studio SHiNE™ Erin	17 6:00pm Pre Recorded Zumba® Andrea - available all week!	18 7pm Natick Studio SHiNE™ Erin	19 9:15am Pre Recorded Sweat Pilates Gina 12:15n Virtual SHiNE™ Express Erin	20	21 9:30am Virtual Zumba® Andrea
22 9:15am Natick Barre Sculpt Monica 10:30am Sherborn / Virtual Sculpt Pilates Sandra 6:00pm Natick Zumba® Kayte 7:00pm Natick / Virtual Deep Stretch Sandra	23 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 6pm Natick Studio SHiNE™ "Hopping into Spring" Erin	24 9:15am Sherborn / Virtual FlowFIT Sandra 6:00pm Natick / Virtual Zumba® Andrea 7:00pm Natick / Virtual Sculpt Pilates Sandra	25 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 11:00am Sherborn Library Community Yoga Sandra 11:00am Sherborn Babywearing TONE Leigh 7pm Natick Studio SHiNE™ "Hopping into Spring" Erin	26 9:15am Natick / Hybrid Sweat Pilates Gina 11:00am Sherborn Babywearing TONE Leigh 12:10n Sherborn / Virtual Pilates and Stretch Sandra 12:15n Virtual SHiNE™ Express "Hopping into Spring" Erin	27	28 9:30am Virtual Zumba® Andrea 6:00pm Natick Adult Beginning Ballet Gina
29 9:15am Natick Barre Sculpt Monica 10:30am Sherborn / Virtual Sculpt Pilates Sandra 6:00pm Natick Zumba® Kayte 7:00pm Natick / Virtual Deep Stretch Sandra	30 9:15am Natick Sweat and Smiles Gina 9:15am Sherborn Sweat and Smiles Reformer Sandra 6pm Natick Studio SHiNE™ Ally					

Workshops and Events

Prenatal / Babywearing Classes

Sherborn TONE Thursdays
Winter 2 Session:
11:00am - 11:45am 2/29 - 4/11 (7 weeks)
Spring Session:
11:00am - 11:45am 4/25 - 6/6 (7 weeks)

Natick Sweat and Smiles Club

Winter 2 Session:
Tuesdays and Thursdays 9:15am - 9:45am 2/27 - 4/11 (7 weeks, 14 sessions)
Spring Session:
Tuesdays and Thursdays 9:15am - 9:45am 4/23 - 6/6 (7 weeks, 14 sessions)

Natick Adult Beginning Ballet

Winter 2 Session:
Thursdays 12n - 12:50n 2/29 - 4/11 (7 weeks)
Sundays 6pm 3/5 - 4/7 (5 weeks) (no class 3/31 for Easter)
Spring Session:
Thursdays 12n - 12:50n 5/2 - 6/2 (7 weeks)
Sundays 6pm 3/10 - 6/9 (5 weeks - no class 5/12 or 5/26)

Sherborn Reformer Sweat and Smiles Club

Winter 2 Session:
Tuesdays and Thursdays 8:15am - 9:05am 3/5 - 4/11 (6 weeks, 11 sessions) (no class 3/14)
Tuesdays and Thursdays 9:15am - 10:05am 2/29 - 4/11 (7 weeks, 12 sessions) (no class 3/14)
Spring Session:
Tuesdays and Thursdays 8:15am - 9:05am 4/23 - 6/6 (7 weeks, 13 sessions) (no class 5/2)
Tuesdays and Thursdays 9:15am - 10:05am 4/23 - 6/6 (7 weeks, 13 sessions) (no class 5/2)

SCAN HERE TO SEE OUR SCHEDULE AND SIGN UP FOR CLASSES!

