

February 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Workshops and Events

			<div>1</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>11:00am Sherborn Library Community Yoga Sandra</div> <div>11:00am Sherborn Babywearing TONE Leigh</div> <div>12n Natick Adult Beginning Ballet Gina</div> <div>7pm Natick Studio SHiNE™ Erin</div>	<div>2</div> <div>9:15am Natick / Hybrid Sweat Pilates Gina</div> <div>12:10n Sherborn / Virtual Pilates and Stretch Sandra</div> <div>12:15n Virtual SHiNE™ Express Erin</div>	<div>3</div>	<div>4</div> <div>9:30am Virtual Zumba® Andrea</div> <div>6:00pm Natick Adult Beginning Ballet Gina</div>
<div>5</div> <div>9:15am Natick Barre Sculpt Monica</div> <div>10:30am Sherborn / Virtual Sculpt Pilates Sandra</div> <div>6:00pm Natick Zumba® Kayte</div> <div>7:00pm Natick / Virtual Deep Stretch Sandra</div>	<div>6</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>6pm Natick Studio SHiNE™ Erin</div>	<div>7</div> <div>9:15am Sherborn / Virtual FlowFIT Sandra</div> <div>6:00pm Natick / Virtual Zumba® Andrea</div> <div>7:00pm Natick / Virtual Sculpt Pilates</div>	<div>8</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>11:00am Sherborn Library Community Yoga Sandra</div> <div>11:00am Sherborn Babywearing TONE Leigh</div> <div>12n Natick Adult Beginning Ballet Gina</div> <div>7pm Natick Studio SHiNE™ Erin</div>	<div>9</div> <div>9:15am Natick / Hybrid Sweat Pilates “#loveyourselfie” Gina</div> <div>12:10n Sherborn / Virtual Pilates and Stretch Sandra</div> <div>12:15n Virtual ValenSHiNE Express Erin</div>	<div>10</div> <div>11:00am - 12:30n DanceFIT Community Book Club at Bri and Michele’s House in Natick</div>	<div>11</div> <div>9:30am Virtual Zumba® “Usher Bowl Sunday” Andrea</div> <div>6:00pm Natick Adult Beginning Ballet Gina</div>
<div>12</div> <div>9:15am Natick Barre Sculpt Monica</div> <div>10:30am Sherborn / Virtual Sculpt Pilates Sandra</div> <div>6:00pm Natick Zumba® Kayte</div> <div>7:00pm Natick / Virtual Roll and Relax Sandra</div>	<div>13</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>6pm Natick Studio ValenSHiNE Erin</div>	<div>14</div> <div>9:15am Sherborn / Virtual FlowFIT Sandra</div> <div>6:00pm Natick / Virtual Galentine's Day Zu-lates with Andrea and Sandra 60 mins</div>	<div>15</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>11:00am Sherborn Library Community Yoga Sandra</div> <div>11:00am Sherborn Babywearing TONE Leigh</div> <div>12n Natick Adult Beginning Ballet Gina</div> <div>7pm Natick Studio SHiNE™ Ally</div>	<div>16</div> <div>9:15am Natick / Hybrid Sweat Pilates Gina</div> <div>12:10n Sherborn / Virtual Pilates and Stretch Sandra</div> <div>12:30n Virtual Zumba® Express Andrea</div>	<div>17</div>	<div>18</div> <div>9:30am Virtual Zumba@ Andrea</div> <div>6:00pm Natick Adult Beginning Ballet Gina</div>
<div>19</div> <div>President’s Day</div> <div>6:00pm Natick Zumba® Kayte</div>	<div>20</div> <div>12n Natick Adult Ballet Drop In Gina</div> <div>6pm Natick Studio SHiNE™ Ally</div>	<div>21</div> <div>6:00pm Pre-Recorded Zumba® Andrea</div>	<div>22</div> <div>7pm Natick Studio SHiNE™ Erin</div>	<div>23</div> <div>9:15am Natick / Hybrid Sweat Pilates Gina</div> <div>12:15n Virtual SHiNE™ Express Erin</div>	<div>24</div>	<div>25</div> <div>9:30am Virtual Zumba® Andrea</div>
<div>26</div> <div>9:15am Natick Barre Sculpt Monica</div> <div>10:30am Sherborn / Virtual Sculpt Pilates Sandra</div> <div>6:00pm Natick Zumba® Kayte</div> <div>7:00pm Natick / Virtual Deep Stretch Sandra</div>	<div>27</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>6pm Natick Studio SHiNE™ Erin</div>	<div>28</div> <div>9:15am Sherborn / Virtual FlowFIT Sandra</div> <div>6:00pm Natick / Virtual Zumba® Andrea</div> <div>7:00pm Natick / Virtual Sculpt Pilates</div>	<div>29</div> <div>9:15am Natick Sweat and Smiles Gina</div> <div>9:15am Sherborn Sweat and Smiles Reformer Sandra</div> <div>11:00am Sherborn Library Community Yoga Sandra</div> <div>11:00am Sherborn Babywearing TONE Leigh</div> <div>12n Natick Adult Beginning Ballet Gina</div> <div>7pm Natick Studio SHiNE™ Erin</div>			

Prenatal / Babywearing Classes
Sherborn TONE Thursdays
Winter 1 Session:
11:00am - 11:45am 1/11 - 2/15 (6 weeks)
Winter 2 Session:
11:00am - 11:45am 2/29 - 4/11 (7 weeks)

Natick Sweat and Smiles Club
Winter 1 Session:
Tuesdays and Thursdays 9:15am - 9:45am 1/2 - 2/15 (7 weeks, 14 sessions)
Winter 2 Session:
9:15am - 9:45am 2/27 - 4/11 (7 weeks, 14 sessions)

Sherborn Reformer Sweat and Smiles Club
Winter 1 Session:
Tuesdays and Thursdays 9:15am - 9:45am 1/2 - 2/15 (7 weeks, 14 sessions)
Winter 2 Session:
9:15am - 9:45am 2/27 - 4/11 (7 weeks, 14 sessions)

Natick Adult Beginning Ballet
Winter 1 Session:
Thursdays 12n - 12:50n 1/4 - 2/15 (7 weeks)
Sundays 6pm 1/7 - 2/11 (5 weeks - no class 1/14 for MLK Day)
Winter 2 Session:
Thursdays 12n - 12:50n 2/29 - 4/11 (7 weeks)
Sundays 6pm 3/3 - 4/7 (5 weeks) (no class 3/31 for Easter)

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

