

# JANUARY 25



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 11am Natick Adult Beginning Ballet Drop In Gina	2 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ "Best of Last Year" Erin	3 9:15am Natick / Virtual / Prerecorded Sweat Pilates Gina	4 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina	5 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina
6 9:15am Sherborn Sweat and Smiles Reformer Sandra W1 10:30am Sherborn / Virtual Classic Pilates Sandra 6:00pm Natick Zumba® Kayte 7:10pm Natick / Virtual Deep Stretch Sandra	7 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 5:45pm Natick UPLIFT™ Express Erin 6:30pm Natick SHINE™ Dance Fitness Erin	8 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® Andrea	9 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 12n Natick Adult Beginning Ballet Gina W1 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ Dance Fitness Erin	10 9:15am Natick / Virtual / Prerecorded Sweat Pilates Gina 10:30am Natick Babywearing BalletFIT W1 12:10n Sherborn / Virtual / Prerecorded Pilates and Stretch Sandra	11 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina	12 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina
13 9:15am Sherborn Sweat and Smiles Reformer Sandra W1 10:30am Sherborn / Virtual Classic Pilates Sandra 6:00pm Natick Zumba® Kayte 7:10pm Natick / Virtual Roll & Relax Sandra	14 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 5:45pm Natick UPLIFT™ Express Erin 6:30pm Natick SHINE™ Dance Fitness Erin	15 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® Andrea	16 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 12n Natick Adult Beginning Ballet Gina W1 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ Dance Fitness Erin	17 9:15am Natick / Virtual / Prerecorded Sweat Pilates Gina 10:30am Natick Babywearing BalletFIT W1 12:10n Sherborn / Virtual / Prerecorded Pilates and Stretch Sandra	18 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina	19 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina
MLK Jr. Day 20	21 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 5:45pm Natick UPLIFT™ Express Erin 6:30pm Natick SHINE™ Dance Fitness Erin	22 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® Andrea	23 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 12n Natick Adult Beginning Ballet Gina W1 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ Dance Fitness Erin	24 9:15am Natick / Virtual / Prerecorded Sweat Pilates Gina 10:30am Natick Babywearing BalletFIT W1 12:10n Sherborn / Virtual / Prerecorded Pilates and Stretch Sandra	25 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina	26 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina
27 9:15am Sherborn Sweat and Smiles Reformer Sandra W1 10:30am Sherborn / Virtual Classic Pilates Sandra 6:00pm Natick Zumba® Kayte 7:10pm Natick / Virtual Deep Stretch Sandra	28 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 5:45pm Natick UPLIFT™ Express Erin 6:30pm Natick SHINE™ Dance Fitness Erin	29 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® Andrea	30 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina W1 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra W1 12n Natick Adult Beginning Ballet Gina W1 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ Dance Fitness Erin	31 9:15am Natick / Virtual / Prerecorded Sweat Pilates Gina 10:30am Natick Babywearing BalletFIT W1 12:10n Sherborn / Virtual / Prerecorded Pilates and Stretch Sandra		

### Workshops and Events

#### Natick Adult Beginning Ballet

##### Winter 1 Session:

Thursdays 12n - 12:50n 1/9 - 2/13 (6 weeks)  
Sundays 5:00pm - 5:50pm 1/5 - 2/9 (6 weeks)  
Sundays 6:00pm - 6:50pm 1/5 - 2/9 (6 weeks)  
(NOTE: 2/9 will meet at 5pm due to Super Bowl - offered in studio blended with 5pm class or virtually in our Zoom studio)

#### Natick Sweat and Smiles 'Mat Fusion' Club

##### Winter 1 Session:

Tuesdays and Thursdays 9:15am - 9:45am 1/7 - 2/13 (6 weeks, 12 sessions)

#### Natick Babywearing BalletFIT

##### Winter 1 Session:

Fridays 10:30am - 11:15am 1/10 - 2/14 (6 sessions)

#### Sherborn Reformer Sweat and Smiles Club

##### Winter 1 Session:

Mondays 9:15am - 10:05 pm 1/6 - 2/10 (5 sessions)  
Tuesdays 9:30am - 10:20am 1/7 - 2/11 (6 sessions)  
Thursdays 9:30am - 10:20am 1/9 - 2/13 (6 sessions)  
Fridays 10:30am - 11:20am 1/10 - 2/14 (6 sessions)

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

