

September 2026 ~ Stark Naturals Fitness & Wellness

972 Putney Road, Brattleboro, VT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 – 10:20 Strength & Balance	2 9:30 – 10:30 Slow Flow Yoga	3 9:30 – 10:20 Cardio & Movement	4 9:00 – 10:00 Strength Over 50 10:45 – 11:30 Strength Over 60	5
6	7 9:30 – 10:20 Strong Cardio	8 9:30 – 10:20 Strength & Balance 10:30 – 11:30AM Walk-In Thai Massage	9 9:30 – 10:30 Slow Flow Yoga 5:00 – 6:00PM Intro Strength Over 50	10 9:30 – 10:20 Cardio & Movement	11 9:00 – 10:00 Strength Over 50 10:45 – 11:30 Strength Over 60	12
13	14 9:30 – 10:20 Strong Cardio	15 9:30 – 10:20 Strength & Balance 10:30 – 11:30AM Walk-In Thai Massage	16 9:30 – 10:30 Slow Flow Yoga 5:00 – 6:00PM Intro Yoga Nidra	17 9:30 – 10:20 Cardio & Movement	18 9:00 – 10:00 Strength Over 50 10:45 – 11:30 Strength Over 60	19
20	21 9:30 – 10:20 Strong Cardio	22 9:30 – 10:20 Strength & Balance 10:30 – 11:30AM Walk-In Thai Massage	23 9:30 – 10:30 Slow Flow Yoga 5:00 – 6:00PM Intro Cardio Over 50	24 9:30 – 10:20 Cardio & Movement	25 9:00 – 10:00 Strength Over 50 10:45 – 11:30 Strength Over 60	26
27	28 9:30 – 10:20 Strong Cardio	29 9:30 – 10:20 Strength & Balance 10:30 – 11:30AM Walk-In Thai Massage	30 9:30 – 10:30 Slow Flow Yoga 5:00 – 6:00PM Intro Pain Relief			

PRICING ~ Regular Drop-In Classes: \$10 per class Walk-In Thai Massage: \$25 for 20-minute session Intro Classes on Wednesdays: \$20 per class