

# October 2021

## Group Ex – The Studio

	Mon	Tue	Wed	Thu	Fri	
					1 8:30 20/20/20 Mica 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Sherri	2 8:30 HIIT Taylor 9:35 BP Amelia
3 1:00 BP Stacey	4 8:30 FC Mica 9:30 N10c Annie 10:10 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin  5:30 BP Heidi 6:35 Core 30 Heidi	5 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:35 Zumba Rolanda	6 5:15 BP Stephanie  8:30 FC Mica 9:35 HIIT IT! Deanna 12:00 BP/Core Heidi  5:30 KardioBell Paige 6:00 GRIT Paige 6:35 BP Paige	7 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Heidi  5:30 BC Paige 6:35 Core 45 Heidi	8 8:30 20/20/20 Diana 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Sherri	9 8:30 HIIT IT! Taylor 9:35 BP Amelia
10 1:00 BP Judson  2:00 Holy Yoga Kelly	11 8:30 FC Mica 9:30 N10c Annie 10:05 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin  5:30 BP Heidi 6:35 Core 30 Heidi	12 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	13 5:15 BP Stephanie  8:30 FC Mica 9:35 HIIT IT! Deanna 12:00 BP/Core Heidi  5:30 KardioBell Paige 6:00 GRIT Paige 6:35 BP Paige	14 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Heidi  5:30 BC Paige 6:35 Core 45 Heidi	15 8:30 20/20/20 Diana 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Julie	16 8:30 HIIT IT! Taylor 9:35 BP Amelia
17 1:00 BP Judson	18 8:30 FC Mica 9:30 N10c Annie 10:05 GRIT Amelia 11:00 PT: Chair Stretch & Flex Corrin  5:30 BP Heidi 6:35 Core 30 Heidi	19 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Amelia 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:35 Zumba Rolanda	20 5:15 BP Stephanie  8:30 FC Mica 9:35 HIIT IT! Deanna 12:00 BP/Core Heidi  5:30 KardioBell Paige 6:00 GRIT Paige 6:35 BP Paige	21 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Heidi  5:30 BC Paige 6:35 Core 45 Heidi	22 8:30 20/20/20 Diana 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Sherri	23 8:30 HIIT IT! Taylor 9:35 BP Amelia
24 1:00 BP Judson  31 1:00 BP Judson	25 8:30 FC Mica 9:30 N10c Annie 10:05 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin  5:30 BP Heidi 6:35 Core 30 Heidi	26 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	27 5:15 BP Stephanie  8:30 FC Mica 9:35 HIIT IT! Deanna 12:00 BP/Core Heidi  5:30 KardioBell Paige 6:00 GRIT Paige 6:35 BP Paige	28 5:30 N10c Annie  8:30 FS Lisa 9:35 BP Heidi  5:30 BC Paige 6:35 Core 45 Heidi	29 8:30 20/20/20 Lisa 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Sherri	30 8:30 HIIT IT! Taylor 9:35 BP Paige

# The Haven Studio – October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Gentle Yoga Heidi 9:35 BF Heidi  12:00 Power Yoga Heidi	2 8:30 Slow Flow Yoga Emily 9:35 BF Renee
3  2:00 Holy Yoga Kelly	4 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine  6:35 PiYo Theresa 7:35 BF Adrienne	5 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny  5:30 Yogalates Jill 6:35 Gentle Yoga Jenny	6 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	7 9:35 Slow Flow Detox Corrin  5:30 Gentle Yoga Kelly 6:35 BF Renee	8 8:30 Gentle Yoga Jenny 9:35 BF Adrienne  12:00 Power Yoga Jenny	9 8:30 Slow Flow Yoga Emily 9:35 BF Adrienne  <b>The Haven Yoga Studio is Closed for Teacher Training</b>  <b>No Virtual Classes</b>
10  <b>The Haven Yoga Studio is Closed for Teacher Training</b>  <b>No Virtual Classes</b>	11 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine  6:35 PiYo Theresa 7:35 BF Adrienne	12 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny  5:30 Yogalates Jill 6:35 Gentle Yoga Jenny	13 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	14 9:35 Slow Flow Detox Corrin  5:30 Gentle Yoga Kelly 6:35 BF Renee	15 8:30 Gentle Yoga Heidi 9:35 BF Heidi  12:00 Power Yoga Heidi	16 8:30 Slow Flow Yoga Emily 9:35 BF Stacey
17  2:00 Holy Yoga Kim	18 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine  6:35 PiYo Theresa 7:35 BF Adrienne	19 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny  5:30 Yogalates Jill 6:35 Gentle Yoga Jenny	20 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	21 9:35 Slow Flow Detox Corrin  5:30 Gentle Yoga Kelly 6:35 BF Renee	22 8:30 Gentle Yoga Heidi 9:35 BF Heidi  12:00 Power Yoga Heidi	23 8:30 Slow Flow Yoga Emily 9:35 BF Renee
24  2:00 Holy Yoga Kelly  31  2:00 Holy Yoga Kelly	25 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine  6:35 PiYo Theresa 7:35 BF Adrienne	26 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny  5:30 Yogalates Jill 6:35 Gentle Yoga Jenny	27 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	28 9:35 Slow Flow Detox Corrin  5:30 Gentle Yoga Kelly 6:35 BF Renee	29 8:30 Gentle Yoga Heidi 9:35 BF Heidi  12:00 Power Yoga Heidi	30 8:30 Slow Flow Yoga Emily 9:35 BF Adrienne

# The Loft Cycling Studio – October 2021

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 9:35 RPM Betsey	2 9:00 SPRINT Paige
3	4 9:35 SPRINT Deanna 6:00 SPRINT Paige	5	6 5:45 RPM Betsey	7 9:35 SPRINT Deanna 6:00 SPRINT Kristin	8 9:35 RPM Betsey	9 9:00 SPRINT Paige
10	11 9:35 SPRINT Deanna 6:00 SPRINT Paige	12	13 5:45 RPM Betsey	14 9:35 SPRINT Deanna 6:00 SPRINT Kristin	15 9:35 RPM Betsey	16 9:00 SPRINT Amelia
17	18 9:35 SPRINT Amelia 6:00 SPRINT Paige	19	20 5:45 RPM Betsey	21 9:35 SPRINT Deanna 6:00 SPRINT Amelia	22 9:35 RPM Betsey	23 9:00 SPRINT Paige
24	25 9:35 SPRINT Deanna 6:00 SPRINT Paige	26	27 5:45 RPM Betsey	28 9:35 SPRINT Deanna 6:00 SPRINT Kristin	29 9:35 RPM Betsey	30 9:00 SPRINT Paige

# Water Aerobics – October 2021

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	*Water Walking is now called WaterFit in order to accommodate more participants.	*Water Tai Chi will be in lanes 1 & 2 while the other lanes will be open for lap swimmers.			<b>1</b> 9:30 Water Aerobics Sherri	<b>2</b> 9:30 Water Aerobics Kelly
<b>3</b>	<b>4</b> 9:30 Water Aerobics Joan	<b>5</b> 9:30 WaterFit Sherri  7:00 Water Aerobics Victoria	<b>6</b> 9:30 Water Aerobics Sabrina	<b>7</b> 9:30 Water Tai Chi Paty  7:00 Water Aerobics Sherri	<b>8</b> 9:30 Water Aerobics Sherri	<b>9</b> 9:30 Water Aerobics Sherri
<b>10</b>	<b>11</b> 9:30 Water Aerobics Joan	<b>12</b> 9:30 WaterFit Kelly  7:00 Water Aerobics Sabrina	<b>13</b> 9:30 Water Aerobics Sabrina	<b>14</b> 9:30 Water Tai Chi Paty  7:00 Water Aerobics Victoria	<b>15</b> 9:30 Water Aerobics Sabrina	<b>16</b> 9:30 Aqua Mix Sabrina
<b>17</b>	<b>18</b> 9:30 Water Aerobics Joan	<b>19</b> 9:30 WaterFit Sherri  7:00 Water Aerobics Victoria	<b>20</b> 9:30 Water Aerobics Sabrina	<b>21</b> 9:30 Water Tai Chi Paty  7:00 Water Aerobics Sherri	<b>22</b> 9:30 Water Aerobics Sherri	<b>23</b> 9:30 Water Aerobics Sabrina
<b>24</b>	<b>25</b> 9:30 Water Aerobics Joan	<b>26</b> 9:30 WaterFit Sherri  7:00 Water Aerobics Sherri	<b>27</b> 9:30 Water Aerobics Sabrina	<b>28</b> 9:30 Water Tai Chi Paty  7:00 Water Aerobics Victoria	<b>29</b> 9:30 Water Aerobics Sherri	<b>30</b> 9:30 Water Aerobics Sherri