

February 2022

Group Ex – The Studio

	Mon	Tue	Wed	Thu	Fri	
		1 5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Theresa 6:35 Zumba Theresa	2 5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna PT: Zumba Gold Sabrina 12:00 Strength & Core Penny 6:00 KB Paige 6:35 BP Paige	3 8:30 FS Lisa 9:35 BP Stephanie 5:30 BC Paige 6:35 Core 30 Penny	4 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Sherri	5 8:30 Cardio Bootcamp Taylor 9:35 BP Taylor
6 1:00 BP Stephanie	7 8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Penny 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	8 5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Rolanda	9 5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	10 8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	11 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Happy Hearts Social Sherri	12 8:30 GRIT Paige 9:35 BP Paige
13 1:00 BP Stacey 3:15 Partner Yoga Stretches Kelly	14 8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	15 5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	16 5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	17 8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	18 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Sherri	19 8:30 Cardio Bootcamp Taylor 9:35 BP Taylor
20 1:00 BP Judson 2:00 Holy Yoga Kelly	21 8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	22 5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Rolanda	23 5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	24 8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	25 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Sherri	26 8:30 HIIT IT! Deanna 9:35 BP Adrienne
27 1:00 BP Judson	28 8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi					

The Haven Studio – February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>8:30 Gentle Yoga Corrin</p> <p>9:35 Multilevel Yoga Jenny</p> <p>10:35 Les Mills BARRE Jill</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Jenny</p>	<p>2</p> <p>9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin</p> <p>NO CARDIO YOGA 6:35 Slow Flow & Stretch Jenny</p>	<p>3</p> <p>9:35 Slow Flow Detox Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BF Renee</p>	<p>4</p> <p>8:30 Gentle Yoga Jenny</p> <p>9:35 Slow Flow Yoga Jenny</p> <p>12:00 Power Yoga Jenny</p>	<p>5</p> <p>8:30 Slow Flow Yoga Emily</p> <p>9:35 BF Stacey</p>
<p>6</p> <p>2:00 Holy Yoga Kelly</p>	<p>7</p> <p>9:35 Core Yoga Christine</p> <p>10:35 Hot Detox Yoga Christine</p> <p>6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne</p>	<p>8</p> <p>8:30 Gentle Yoga Jenny</p> <p>9:35 Multilevel Yoga Jenny</p> <p>10:35 Les Mills BARRE Jill</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Jenny</p>	<p>9</p> <p>9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny</p>	<p>10</p> <p>9:35 Slow Flow Detox Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BF Renee</p>	<p>11</p> <p>8:30 Gentle Yoga Heidi 9:35 BF Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>12</p> <p>8:30 Slow Flow Yoga Emily</p> <p>9:35 BF Renee</p>
<p>13</p> <p>2:00 Holy Yoga Kelly</p>	<p>14</p> <p>9:35 Core Yoga Christine</p> <p>10:35 Hot Detox Yoga Christine</p> <p>6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne</p>	<p>15</p> <p>8:30 Gentle Yoga Corrin</p> <p>9:35 Multilevel Yoga Jenny</p> <p>10:35 Les Mills BARRE Jill</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Jenny</p>	<p>16</p> <p>9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny</p>	<p>17</p> <p>9:35 Slow Flow Detox Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BF Renee</p>	<p>18</p> <p>8:30 Gentle Yoga Heidi 9:35 BF Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>19</p> <p>8:30 Slow Flow Yoga Emily</p> <p>9:35 BF Adrienne</p> <p style="text-align: center;">Studio 2 Closed for Yoga Teacher Training No Virtual Classes</p>
<p>20</p> <p>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</p> <p>Check Studio 1 Schedule</p>	<p>21</p> <p>9:35 Core Yoga Christine</p> <p>10:35 Hot Detox Yoga Christine</p> <p>6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne</p>	<p>22</p> <p>8:30 Gentle Yoga Corrin</p> <p>9:35 Multilevel Yoga Jenny</p> <p>10:35 Les Mills BARRE Jill</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Jenny</p>	<p>23</p> <p>9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny</p>	<p>24</p> <p>9:35 Slow Flow Detox Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BF Renee</p>	<p>25</p> <p>8:30 Gentle Yoga Heidi 9:35 BF Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>26</p> <p>8:30 Slow Flow Yoga Emily</p> <p>9:35 BF Renee</p>
<p>27</p> <p>2:00 Holy Yoga Kelly</p>	<p>28</p> <p>9:35 Core Yoga Christine</p> <p>10:35 Hot Detox Yoga Christine</p> <p>6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne</p>					

The Loft Cycling Studio – February 2022

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

Water Aerobics – February 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	2 9:30 Water Aerobics Sabrina	3 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	4 9:30 Water Aerobics Sherri	5 9:30 Water Aerobics Sabrina
6	7 9:30 Water Aerobics Kelly	8 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	9 9:30 Water Aerobics Sabrina	10 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	11 9:30 Water Aerobics Sherri	12 9:30 Water Aerobics Sherri
13	14 9:30 Water Aerobics Kelly	15 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	16 9:30 Water Aerobics Sabrina	17 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	18 9:30 Water Aerobics Sherri	19 9:30 Water Aerobics Sabrina
20	21 9:30 Water Aerobics Kelly	22 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	23 9:30 Water Aerobics Sabrina	24 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	25 9:30 Water Aerobics Sherri	26 9:30 Water Aerobics Sherri
27	28 9:30 Water Aerobics Kelly					