

May 2022

Group Ex – The Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:00 BP Stephanie 2:00 Holy Yoga Kelly	2 8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Michele 5:30 BP Heidi 6:35 Core 30 Heidi	3 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Erin	4 5:30 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	5 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	6 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Julie	7 9:00 GRIT Amelia 9:35 BP Amelia
8 1:00 BP Betsey	9 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	10 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	11 5:30 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	12 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	13 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Julie	14 9:00 GRIT Amelia 9:35 BP Amelia
15 1:00 BP Betsey	16 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	17 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Erin	18 5:30 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Penny 6:00 KB Paige 6:35 BP Paige	19 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Amelia 5:30 BC Paige 6:35 Core 30 Penny	20 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Julie	21 9:00 GRIT Amelia 9:35 BP Amelia
22 1:00 BP Adrienne 2:00 Holy Yoga Kelly	23 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	24 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	25 5:30 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	26 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	27 8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Julie	28 9:00 GRIT Amelia 9:35 BP Amelia
29 1:00 BP Stephanie	30 8:30 FC Mica 9:30 N10c Annie 9:35 BP Paige 11:00 PT: Chair Stretch & Flex Corrin NO EVENING CLASSES	31 5:30 N10c Annie 8:30 FS Lisa 9:35 BP Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Theresa 6:35 Zumba Erin				

The Haven Studio – May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	9:35 Core Yoga Christine 10:35 Hot Detox Yoga Heidi 5:30 Yogalates Amy 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	8:30 Gentle Yoga Jenny 9:35 Multilevel Yoga Jenny NO BARRE CLASS 5:30 Gentle Yoga Jenny 6:35 Yin Yoga Jenny	9:30 Pilates 101 Amy 10:35 Slow Flow & Stretch Jenny 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	9:35 Slow Flow Detox Jenny 10:35 Yin Yoga Jenny 5:30 Pilates 101 Amy 6:35 BodyBalance Renee	8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	8:30 Slow Flow Yoga Emily 9:35 BodyBalance Renee
8	9:35 Core Yoga Christine 10:35 Hot Detox Yoga Heidi 5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:35 Yin Yoga Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Adrienne	8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	8:30 Slow Flow Yoga Emily 9:35 BodyBalance Adrienne
15	9:35 Core Yoga Christine 10:35 Hot Detox Yoga Heidi 5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill 5:30 Gentle Yoga Jenny 6:35 Yin Yoga Jenny	9:30 Pilates 101 Amy 10:35 Slow Flow & Stretch Corrin 5:30 Hot Detox Yoga Jenny 6:35 Slow Flow & Stretch Jenny	8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:35 Yin Yoga Corrin 5:30 Pilates 101 Amy 6:35 BodyBalance Renee	8:30 Gentle Yoga Jenny 9:35 BodyBalance Jenny 12:00 Power Yoga Jenny	8:30 Slow Flow Yoga Emily 9:35 BodyBalance Renee Studio 2 Closed for Yoga Teacher Training No Virtual Classes
22	9:35 Core Yoga Christine 10:35 Hot Detox Yoga Heidi 5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Colleen	8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:35 Yin Yoga Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee	8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	8:30 Slow Flow Yoga Emily 9:35 BodyBalance Adrienne
29	9:35 Core Yoga Christine 10:35 Cardio Yoga Taylor NO EVENING CLASSES	8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Michele 10:35 Les Mills BARRE Jill 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny				

The Loft Cycling Studio – May 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 9:35 SPRINT Deanna 6:00 SPRINT Amelia	3 5:45 RPM Betsey	4 9:30 Spintense! Betsey	5 9:35 SPRINT Deanna 6:00 SPRINT Kristin	6	7 9:00 SPRINT Paige
8	9 9:35 SPRINT Deanna 6:00 SPRINT Amelia	10 5:45 RPM Betsey	11 9:30 Spintense! Betsey	12 9:35 SPRINT Deanna 6:00 SPRINT Kristin	13	14 9:00 SPRINT Paige
15	16 9:35 SPRINT Deanna 6:00 SPRINT Amelia	17 5:45 RPM Betsey	18 9:30 Spintense! Betsey	19 9:35 SPRINT Deanna 6:00 SPRINT Kristin	20	21 9:00 SPRINT Kristin
22	23 9:35 SPRINT Deanna 6:00 SPRINT Amelia	24 5:45 RPM Betsey	25 9:30 Spintense! Betsey	26 9:35 SPRINT Deanna 6:00 SPRINT Kristin	27	28 9:00 SPRINT Paige
29	30 9:00 SPRINT Paige NO EVENING CLASSES	31 5:45 RPM Betsey				

Water Aerobics – May 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 9:30 Water Aerobics Kelly	3 9:30 WaterFit Kelly 7:00 Aqua Zumba Rolanda	4 9:30 Water Aerobics Sabrina	5 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	6 9:30 Water Aerobics Kelly	7 9:30 Water Aerobics Sabrina
8	9 9:30 Water Aerobics Kelly	10 9:30 WaterFit Kelly 7:00 Aqua Zumba Rolanda	11 9:30 Water Aerobics Sabrina	12 9:30 Water Tai Chi Paty 1:00 Aqua Mix Kelly 7:00 Water Aerobics Amy	13 9:30 Water Aerobics Kelly	14 9:30 Aqua Zumba Rolanda
15	16 9:30 Water Aerobics Kelly	17 9:30 WaterFit Kelly 7:00 Aqua Zumba Rolanda	18 9:30 Water Aerobics Sabrina	19 9:30 Water Tai Chi Paty 1:00 Aqua Mix Kelly 7:00 Water Aerobics Amy	20 9:30 Water Aerobics Kelly	21 9:30 Aqua Zumba Alma
22	23 9:30 Water Aerobics Kelly	24 9:30 WaterFit Kelly 7:00 Aqua Zumba Rolanda	25 9:30 Water Aerobics Sabrina	26 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	27 9:30 Water Aerobics Kelly	28 9:30 Water Aerobics Sabrina
29	30 9:30 Water Aerobics Sabrina	31 9:30 WaterFit Kelly 7:00 Aqua Zumba Rolanda				