

The Studio – August 2022

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

The Haven Studio – August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>8:30 Vinyasa Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Yoga Jenny</p> <p>5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne</p>	<p>2</p> <p>8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill 12:00 BodyBalance Heidi</p> <p>5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny</p>	<p>3</p> <p>9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin</p> <p>5:30 Cardio Yoga Theresa 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny</p>	<p>4</p> <p>8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BodyBalance Renee</p>	<p>5</p> <p>8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>6</p> <p>8:30 Slow Flow Yoga Jenny 9:35 BodyBalance Adrienne</p> <p style="text-align: center;">Studio 2 Closed for Yoga Teacher Training No Virtual Classes</p>
7	<p>8</p> <p>8:30 Vinyasa Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Yoga Jenny</p> <p>5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne</p>	<p>9</p> <p>8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill 12:00 BodyBalance Heidi</p> <p>5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny</p>	<p>10</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 7:40 Yin Yoga Jenny</p>	<p>11</p> <p>8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BodyBalance Adrienne</p>	<p>12</p> <p>8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>13</p> <p>8:30 Slow Flow Yoga Colleen 9:35 BodyBalance Adrienne</p>
14	<p>15</p> <p>8:30 Vinyasa Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Yoga Jenny</p> <p>5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne</p>	<p>16</p> <p>8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill 12:00 BodyBalance Heidi</p> <p>5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny</p>	<p>17</p> <p>9:30 Pilates 101 Amy 10:35 Slow Flow & Stretch Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny</p>	<p>18</p> <p>8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin</p> <p>5:30 Pilates 101 Amy 6:35 BodyBalance Renee</p>	<p>19</p> <p>8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>20</p> <p>8:30 Slow Flow Yoga Heidi 9:35 BodyBalance Renee</p>
21	<p>22</p> <p>8:30 Vinyasa Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Yoga Jenny</p> <p>5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne</p>	<p>23</p> <p>8:30 Gentle Yoga Jenny 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill 12:00 BodyBalance Heidi</p> <p>5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny</p>	<p>24</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 7:40 Yin Yoga Jenny</p>	<p>25</p> <p>8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin</p> <p>5:30 Mat Pilates Amy 6:35 BodyBalance Renee</p>	<p>26</p> <p>8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi</p> <p>12:00 Power Yoga Heidi</p>	<p>27</p> <p>8:30 Slow Flow Yoga Corrin 9:35 BodyBalance Renee</p> <p style="text-align: center;">Studio 2 Closed for Yoga Teacher Training No Virtual Classes</p>
28	<p>29</p> <p>8:30 Vinyasa Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Yoga Jenny</p> <p>5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne</p>	<p>30</p> <p>8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill 12:00 BodyBalance Heidi</p> <p>5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny</p>	<p>31</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 7:40 Yin Yoga Jenny</p>			

The Loft Cycling Studio – August 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 9:35 SPRINT Deanna 6:00 SPRINT Paige	2	3 9:35 Spintense Betsey	4 9:35 SPRINT Deanna 6:00 SPRINT Deanna	5 9:35 RPM Betsey	6 9:00 SPRINT Deanna
7	8 9:35 SPRINT Deanna 6:00 SPRINT Amelia	9	10 9:35 Spintense Betsey	11 9:35 SPRINT Deanna 6:00 SPRINT Kristin	12 CHECK VIRTUAL SCHEDULE	13 9:00 SPRINT Kristin
14	15 9:35 SPRINT Deanna 6:00 SPRINT Amelia	16	17 9:35 Spintense Betsey	18 9:35 SPRINT Deanna 6:00 SPRINT Kristin	19 9:35 RPM Betsey	20 9:00 SPRINT Paige
21	22 9:35 SPRINT Deanna 6:00 SPRINT Amelia	23	24 9:35 Spintense Betsey	25 9:35 SPRINT Deanna 6:00 SPRINT Kristin	26 9:35 RPM Betsey	27 9:00 SPRINT Paige
28	29 9:35 SPRINT Deanna 6:00 SPRINT Amelia	30	31 9:35 Spintense Betsey			

Water Aerobics – August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Water Aerobics Kelly	2 9:30 Water Yoga Kelly 7:00 Aqua Zumba Rolanda	3 9:30 Water Aerobics Sabrina	4 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	5 9:30 Water Aerobics Sherri	6 9:30 Water Aerobics Sabrina
7	8 9:30 Water Aerobics Kelly	9 9:30 Water Yoga Kelly 7:00 Aqua Zumba Rolanda	10 9:30 Water Aerobics Sabrina	11 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	12 *6:15 Sunrise Water Tai Chi Yoga* Paty 9:30 Water Aerobics Sherri	13 9:30 Water Aerobics Sherri
14	15 9:30 Water Aerobics Kelly	16 9:30 Water Yoga Kelly 7:00 Aqua Zumba Rolanda	17 9:30 Water Aerobics Sabrina	18 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	19 9:30 Water Aerobics Sherri	20 9:30 Aqua Zumba Alma
21	22 9:30 Water Aerobics Kelly	23 9:30 Water Yoga Kelly 6:45 Aqua Zumba Rolanda	24 9:30 Water Aerobics Kelly	25 9:30 Water Tai Chi Paty 6:45 Water Aerobics Amy	26 9:30 Water Aerobics Sherri	27 9:30 Water Aerobics Kelly
28	29 9:30 Water Aerobics Kelly	30 9:30 Water Yoga Kelly 6:45 Aqua Zumba Alma	31 9:30 Water Aerobics Sabrina			