

# The Studio – September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 5:30 N10c Annie 8:30 STRENGTH Amelia 9:35 BP Heidi  6:00 GRIT Strength Paige 6:35 Core 30 Heidi	<b>2</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica <b>11:00 PT: Balance &amp; Coordination</b> Sherri	<b>3</b> 9:00 GRIT Amelia 9:35 BP Amelia
<b>4</b>	<b>5</b> 8:30 STEP Mica 8:30 N10c Paige 9:35 BODYPUMP Paige <b>11:00 PT: Chair Stretch &amp; Flex Yoga</b> Sheri  <i>No Evening Classes</i>	<b>6</b> 5:30 N10c Annie 8:30 STRENGTH Amelia 9:35 BP Deanna 12:00 BodyBalance Heidi  5:30 Cardio Bootcamp Taylor <b>6:30 N10c</b> Paige 6:35 Zumba Erin	<b>7</b> 5:30 BP Stephanie 8:30 Step & Core Diana 9:35 HIIT IT! Deanna <b>11:00 PT: Cardio Ball Drumming</b> Sabrina 12:00 BP/Core Heidi  6:00 GRIT Amelia 6:35 BP Amelia	<b>8</b> 5:30 N10c Annie 8:30 STRENGTH Amelia 9:35 BP Heidi  <b>5:30 Total Body Conditioning</b> Theresa <b>6:30 RunWorx</b> Sarah 6:35 Core 30 Heidi	<b>9</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica <b>11:00 PT: Balance &amp; Coordination</b> Sherri	<b>10</b> 9:00 GRIT Amelia 9:35 BP Amelia
<b>11</b>  1:00 BP Adrienne  2:00 Holy Yoga Kelly	<b>12</b> 8:30 STEP Mica 9:30 N10c Amelia 9:35 Deep Stretch Mica 10:15 GRIT Deanna <b>11:00 PT: Chair Stretch &amp; Flex Yoga</b> Corrin  5:30 BP Heidi 6:35 Core 30 Heidi	<b>13</b> 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BP Amelia 12:00 BodyBalance Heidi  5:30 Cardio Bootcamp Taylor <b>6:30 N10c</b> Paige 6:35 Zumba Erin	<b>14</b> 5:30 BP Stacey 8:30 Step & Core Diana 9:35 HIIT IT! Deanna <b>11:00 PT: Cardio Ball Drumming</b> Sabrina 12:00 BP/Core Heidi  6:00 GRIT Paige 6:35 BP Paige	<b>15</b> 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BP Heidi  <b>5:30 Total Body Conditioning</b> Theresa <b>6:30 RunWorx</b> Sarah 6:35 Core 30 Heidi	<b>16</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica <b>11:00 PT: Balance &amp; Coordination</b> Sherri	<b>17</b> 9:00 GRIT Amelia 9:35 BP Amelia
<b>18</b>  1:00 BP Stacey  2:00 Holy Yoga Kelly	<b>19</b> 8:30 STEP Mica 9:30 N10c Amelia 9:35 Deep Stretch Mica 10:15 GRIT Deanna <b>11:00 PT: Chair Stretch &amp; Flex Yoga</b> Corrin  5:30 BP Heidi 6:35 Core 30 Heidi	<b>20</b> 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BP Amelia 12:00 BodyBalance Heidi  5:30 Cardio Bootcamp Taylor <b>6:30 N10c</b> Paige 6:35 Zumba Erin	<b>21</b> 5:30 BP Stephanie 8:30 Step & Core Diana 9:35 HIIT IT! Deanna <b>11:00 PT: Cardio Ball Drumming</b> Sabrina 12:00 BP/Core Heidi  6:00 GRIT Paige 6:35 BP Paige	<b>22</b> 5:30 N10c Annie 8:30 STRENGTH Amelia 9:35 BP Heidi  <b>5:30 Total Body Conditioning</b> Theresa <b>6:30 RunWorx</b> Sarah 6:35 Core 30 Heidi	<b>23</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica <b>11:00 PT: Balance &amp; Coordination</b> Sherri	<b>24</b> 9:00 GRIT Amelia 9:35 BP Amelia
<b>25</b>  1:00 BP Betsey	<b>26</b> 8:30 STEP Mica 9:30 N10c Amelia 9:35 Deep Stretch Mica 10:15 GRIT Deanna <b>11:00 PT: Chair Stretch &amp; Flex Yoga</b> Michele  5:30 BP Heidi 6:35 Core 30 Heidi	<b>27</b> 5:30 N10c Annie 8:30 STRENGTH Amelia 9:35 BP Deanna 12:00 BodyBalance Heidi  5:30 Cardio Bootcamp Theresa <b>6:30 N10c</b> Paige 6:35 Zumba Erin	<b>28</b> 5:30 BP Stephanie 8:30 Step & Core Diana 9:35 HIIT IT! Deanna <b>11:00 PT: Cardio Ball Drumming</b> Sabrina 12:00 BP/Core Heidi  6:00 GRIT Paige 6:35 BP Paige	<b>29</b> 5:30 N10c Annie 8:30 STRENGTH Amelia 9:35 BP Heidi  <b>5:30 Total Body Conditioning</b> Theresa <b>6:30 RunWorx</b> Sarah 6:35 Core 30 Heidi	<b>30</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica <b>11:00 PT: Balance &amp; Coordination</b> Sherri	

# The Haven – September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin  5:30 Mat Pilates Jill 6:35 BodyBalance Renee	2 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	3 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne
4	5 <b>9:30 Multilevel Yoga &amp; Meditation – 90 minutes</b> Jenny  <b>No Evening Classes</b>	6 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill  5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	7 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	8 8:30 Gentle Yoga Jenny 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee <b>7:40 Yoga Sculpt</b> Sarah	9 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi  <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>	10 8:30 Slow Flow Yoga Corrin 9:35 BodyBalance Renee  <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>
11 <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>	12 <b>5:30 Yoga Sculpt</b> Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi <b>12:30 Express Yoga</b> Jenny  5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	13 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill  5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	14 9:30 Pilates 101 Amy 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	15 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee <b>7:40 Yoga Sculpt</b> Sarah	16 <b>5:30 Yoga Sculpt</b> Sarah 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi  <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>	17 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne  <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>
18 <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>	19 <b>5:30 Yoga Sculpt</b> Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi <b>12:30 Express Yoga</b> Jenny  5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	20 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill  5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	21 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Theresa 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	22 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee <b>7:40 Yoga Sculpt</b> Sarah	23 <b>5:30 Yoga Sculpt</b> Sarah 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	24 8:30 Slow Flow Yoga Colleen 9:35 BodyBalance Renee
25 2:00 Holy Yoga Kelly	26 <b>5:30 Yoga Sculpt</b> Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi <b>12:30 Express Yoga</b> Jenny  5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	27 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 Les Mills BARRE Jill  5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	28 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin  5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Michele 7:40 Yin Yoga Michele	29 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee <b>7:40 Yoga Sculpt</b> Sarah	30 <b>5:30 Yoga Sculpt</b> Sarah 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	

# The Loft Studio – September 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> 9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>2</b> 9:35 RPM Betsey	<b>3</b> 9:00 SPRINT Paige
<b>4</b>	<b>5</b> 9:00 SPRINT Kristin  <i>No Evening Classes</i>	<b>6</b>	<b>7</b> <b>NO SPINTENSE CLASS</b>	<b>8</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>9</b> 9:35 VIRTUAL RPM	<b>10</b> 9:00 SPRINT Paige
<b>11</b>	9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>13</b>	<b>14</b> 9:35 Spintense Betsey	<b>15</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>16</b> 9:35 RPM Betsey	<b>17</b> 9:00 SPRINT Paige
<b>18</b>	9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>20</b>	<b>21</b> 9:35 Spintense Betsey	<b>22</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>23</b> 9:35 RPM Betsey	<b>24</b> 9:00 SPRINT Paige
<b>25</b>	9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>27</b>	<b>28</b> 9:35 Spintense Betsey	<b>29</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>30</b> 9:35 RPM Betsey	

# The Tides– September 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     Evening water classes will start at 6:45pm while in the outdoor pool. When weather dictates otherwise, and we move back indoors, they will begin at 7:00pm.                 </div>			<b>1</b> 9:30 Water Tai Chi Paty  6:45 (7:00) Water Aerobics Sherri	<b>2</b> 9:30 Water Aerobics Sherri	<b>3</b> 9:30 Aqua Zumba Alma
<b>4</b>	<b>5</b> 9:30 Water Aerobics Sherri	<b>6</b> 9:30 Water Yoga Michele  6:45 (7:00) Aqua Zumba Rolanda	<b>7</b> 9:30 Water Aerobics Sabrina	<b>8</b> 9:30 Water Tai Chi Paty  6:45 (7:00) Water Aerobics Amy	<b>9</b> 9:30 Water Aerobics Sherri	<b>10</b> 9:30 Water Aerobics Sabrina
<b>11</b>	<b>12</b> 9:30 Water Aerobics Sabrina	<b>13</b> 9:30 Water Yoga Michele  6:45 (7:00) Aqua Zumba Rolanda	<b>14</b> 9:30 Water Aerobics Sabrina	<b>15</b> 9:30 Water Tai Chi Paty  6:45 (7:00) Water Aerobics Amy	<b>16</b> 9:30 Water Aerobics Sherri	<b>17</b> 9:30 Water Aerobics Sabrina
<b>18</b>	<b>19</b> 9:30 Water Aerobics Sabrina	<b>20</b> 9:30 Water Yoga Michele  6:45 (7:00) Aqua Zumba Rolanda	<b>21</b> 9:30 Water Aerobics Sabrina	<b>22</b> 9:30 Water Tai Chi Paty  6:45 (7:00) Water Aerobics Amy	<b>23</b> 9:30 Water Aerobics Sherri	<b>24</b> 9:30 Water Aerobics Sherri
<b>25</b>	<b>26</b> 9:30 Water Aerobics Kelly	<b>27</b> 9:30 Water Yoga Michele  6:45 (7:00) Aqua Zumba Rolanda	<b>28</b> 9:30 Water Aerobics Sabrina	<b>29</b> 9:30 Water Tai Chi Paty  6:45 (7:00) Water Aerobics Amy	<b>30</b> 9:30 Water Aerobics Sherri	