


The Studio – November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Amelia 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:30 N10c Paige 6:35 Zumba Erin	2 5:30 BodyPump Stephanie 8:30 Step & Core Diana 9:35 HIIT IT! Deanna 11:00 PT: Muscle & Memory Julie 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige	3 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Heidi 5:30 Total Body Conditioning Theresa 6:30 RunWorx Sarah 6:35 Core 30 Heidi	4 5:30 N10c Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica 11:00 PT: Balance & Coordination Sherri	5 9:00 GRIT Amelia 9:35 BodyPump Amelia
6 1:00 BodyPump Betsey	7 8:30 STEP Mica 9:30 N10c Amelia 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi	8 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:30 N10c Paige 6:35 Zumba Erin	9 5:30 BodyPump Stephanie 8:30 Cardio & Core Melanie 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige	10 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Heidi 5:30 Total Body Conditioning Theresa 6:30 RunWorx Sarah 6:35 Core 30 Heidi	11 5:30 N10c Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica 11:00 PT: Balance & Coordination Sherri	12 9:00 GRIT Amelia 9:35 BodyPump Amelia
13 1:00 BodyPump Adrienne 2:00 Holy Yoga Kelly	14 8:30 STEP Mica 9:30 N10c Amelia 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi	15 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Amelia 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:30 N10c Paige 6:35 Zumba Erin	16 5:30 BodyPump Stephanie 8:30 Step & Core Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige	17 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Heidi 5:30 Total Body Conditioning Theresa 6:30 RunWorx Sarah 6:35 Core 30 Heidi	18 5:30 N10c Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica 11:00 PT: Balance & Coordination Sherri	19 9:00 GRIT Amelia 9:35 BodyPump Amelia
20 1:00 BodyPump Stephanie	21 8:30 STEP Mica 9:30 N10c Melanie 9:35 Deep Stretch Mica 10:15 GRIT Amelia 11:00 PT: Chair Stretch & Flex Yoga Michele 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi	22 5:30 N10c Melanie 8:30 STRENGTH Lisa 9:35 BodyPump Amelia 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:30 N10c Melanie 6:35 Zumba Erin	23 5:30 BodyPump Stacey 8:30 Cardio & Core Melanie 9:35 HIIT IT! Paige 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige	24 Happy Thanksgiving 	25 8:30 Turkey Burner Paige 9:35 BodyPump Paige	26 9:00 NO GRIT 9:35 BodyPump Adrienne
27 1:00 BodyPump Betsey	28 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 BodyPump Heidi 6:35 Les Mills Core 30 Heidi	29 5:30 N10c Annie 8:30 STRENGTH Lisa 9:35 BodyPump Deanna 12:00 BodyBalance Heidi 5:30 Cardio Bootcamp Taylor 6:30 N10c Paige 6:35 Zumba Erin	30 5:30 BodyPump Stephanie 8:30 Step & Core Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige			

The Haven – November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 BarreBody Maura 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	2 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	3 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 7:40 Yoga Sculpt Sarah	4 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	5 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee
6 2:00 Holy Yoga Kelly	7 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills Barre Adrienne 7:15 BodyBalance Adrienne	8 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 BarreBody Maura 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	9 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	10 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 7:40 Yoga Sculpt Sarah	11 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	12 8:30 Slow Flow Yoga Corrin 9:35 BodyBalance Adrienne Studio 2 Closed for Yoga Teacher Training No Virtual Classes
13 Studio 2 Closed for Yoga Teacher Training No Virtual Classes	14 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	15 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 BarreBody Maura 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	16 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	17 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 7:40 Yoga Sculpt Sarah	18 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	19 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Stacey
20 2:00 Holy Yoga Kelly	21 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:30 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	22 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 BarreBody Maura 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	23 8:30 Yin Yoga Maura 9:35 Mat Pilates Maura 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Jenny 6:35 Yin Yoga Jenny	24 Happy Thanksgiving 	25 9:30 90-Minute Multilevel Yoga & Mediation Jenny	26 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee
27 2:00 Holy Yoga Kelly	28 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:30 NO Express Power Yoga 5:30 Yogalates Maura 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	29 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:40 BarreBody Maura 5:30 Gentle Yoga Jenny 6:35 Hot Detox Yoga Jenny	30 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny			

The Loft – November 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 Spintense Betsey	3 9:35 SPRINT Deanna 6:00 SPRINT Kristin	4 9:35 RPM Betsey	5 9:00 SPRINT Paige
6	7 9:35 SPRINT Deanna 6:00 SPRINT Paige	8	9 9:35 Spintense Betsey	10 9:35 SPRINT Deanna 6:00 SPRINT Amelia	11 9:35 RPM Betsey	12 9:00 SPRINT Paige
13	14 9:35 SPRINT Deanna 6:00 SPRINT Amelia	15	16 9:35 Spintense Betsey	17 9:35 SPRINT Deanna 6:00 SPRINT Kristin	18 9:35 RPM Betsey	19 9:00 SPRINT Paige
20	21 9:35 SPRINT Amelia 6:00 SPRINT Kristin	22	23 9:35 Spintense Betsey	24 Happy Thanksgiving 	25 9:35 RPM Betsey	26 9:00 VIRUTAL SPRINT
27	28 9:35 SPRINT Deanna 6:00 SPRINT Paige	29	30 9:35 Spintense Betsey			

Tides – November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Water Yoga Michele 7:00 Aqua Zumba Rolanda	2 9:30 Water Aerobics Melanie	3 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	4 9:30 Water Aerobics Sherri	5 9:30 Aqua Zumba Alma
6	7 9:30 Water Aerobics Kelly	8 9:30 Water Yoga Michele 7:00 Aqua Zumba Rolanda	9 9:30 Water Aerobics Sabrina	10 9:30 Water Tai Chi Paty 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 Water Yoga Michele 7:00 Aqua Zumba Rolanda	16 9:30 Water Aerobics Sabrina	17 9:30 Water Yoga Michele 7:00 Water Aerobics Amy	18 9:30 Water Aerobics Sherri	19 9:30 Water Aerobics Melanie
20	21 9:30 Water Aerobics Kelly	22 9:30 Water Yoga Michele 7:00 Aqua Zumba Rolanda	23 9:30 Water Aerobics Sabrina	24 Happy Thanksgiving 	25 9:30 Water Aerobics Kelly	26 9:30 Water Aerobics Sabrina
27	28 9:30 Water Aerobics Kelly	29 9:30 Water Yoga Michele 7:00 Aqua Mix Sabrina	30 9:30 Water Aerobics Sabrina			