



The Studio – December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 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	2 5:30 N10c Annie 8:30 Step Mica 9:30 N10c Deanna 9:35 Deep Stretch Melanie 11:00 PT: Balance & Coordination Sherri	3 9:00 GRIT Amelia 9:35 BodyPump Amelia
4 1:00 BodyPump Stephanie	5 8:30 Cardio & Core Melanie 9:30 N10c Amelia 9:35 Deep Stretch Melanie 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi	6 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	7 5:30 BP Stephanie 8:30 Interval Training 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	8 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia 5:30 Total Body Conditioning Theresa 6:30 RunWorx Sarah 6:35 NO Core 30	9 5:30 N10c Annie 8:30 Step Mica 9:30 N10c Deanna 9:35 Deep Stretch Melanie 11:00 PT: Balance & Coordination Sherri	10 9:00 GRIT Amelia 9:35 BodyPump Amelia
11 1:00 BodyPump Adrienne	12 8:30 Step Mica 9:30 N10c Amelia 9:35 Deep Stretch Melanie 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Paige NO CORE CLASS	13 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia 12:00 BodyBalance Adrienne 5:30 Cardio Bootcamp Taylor 6:30 N10c Paige 6:35 Zumba Erin	14 5:30 BP Stephanie 8:30 Interval Training 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	15 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	16 5:30 N10c Annie 8:30 Step Mica 9:30 N10c Deanna 9:35 Deep Stretch Melanie 11:00 PT: Balance & Coordination Sherri	17 9:00 GRIT Amelia 9:35 BodyPump Amelia
18 1:00 BodyPump Betsey	19 8:30 Step Mica 9:30 N10c Amelia 9:35 Deep Stretch Melanie 10:15 GRIT Amelia 11:00 PT: Chair Stretch & Flex Yoga Michele 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi	20 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	21 5:30 BP Stephanie 8:30 Interval Training 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	22 5:30 N10c Annie 8:30 Strength Amelia 9:35 BodyPump Heidi 5:30 Total Body Conditioning Theresa 6:30 RunWorx Sarah 6:35 Core 30 Heidi	23 5:30 N10c Annie 8:30 Step Mica 9:30 N10c Deanna 9:35 Deep Stretch Melanie 11:00 PT: Balance & Coordination Sherri	24 9:00 GRIT Paige 9:35 BodyPump Paige
25 MERRY CHRISTMAS 	26 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	27 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	28 NO BP CLASS 8:30 Interval Training Lisa 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	29 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	30 5:30 N10c Annie 8:30 Step Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica 11:00 PT: Balance & Coordination Sherri	31 9:00 GRIT Paige 9:35 BodyPump Paige

The Haven – December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga 75 Min Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee 7:40 Yoga Sculpt Sarah	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 2:00 Holy Yoga Kelly	5 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills Barre Adrienne 7:15 BodyBalance Adrienne	6 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	7 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	8 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga 75 Min Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee 7:40 Yoga Sculpt Sarah	9 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	10 8:30 Slow Flow Yoga Colleen 9:35 BodyBalance Renee
11 2:00 Holy Yoga Kelly	12 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine Jenny 10:40 Hot Detox Yoga Jenny 12:15 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	13 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	14 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	15 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga 75 Min Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee 7:40 Yoga Sculpt Sarah	16 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	17 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Stacey
18 2:00 Holy Yoga Kelly	19 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Christine Heidi 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	20 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	21 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	22 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga 75 Min Corrin NO Mat Pilates Class 6:35 BodyBalance Renee 7:40 Yoga Sculpt Sarah	23 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 MERRY CHRISTMAS 	26 5:30 Yoga Sculpt Sarah 8:30 Hatha Flow Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Jenny 5:30 Yogalates Maura 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	27 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	28 8:30 Yin Yoga Maura 9:35 Mat Pilates Maura Heidi 10:40 Slow Flow & Stretch Corrin NO Cardio Yoga Class 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	29 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 Yin Yoga 75 Min Corrin 5:30 Mat Pilates Maura 6:35 BodyBalance Renee 7:40 Yoga Sculpt Sarah	30 8:30 Gentle Yoga Heidi 9:35 BodyBalance Heidi 12:00 Power Yoga Heidi	31 8:30 Slow Flow Yoga Corrin 9:35 BodyBalance Stacey

The Loft – December 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 Amelia	2 9:35 RPM Betsey	3 9:00 SPRINT Paige
4	5 9:35 SPRINT Deanna 6:00 SPRINT Paige	6	7 9:35 Spintense Betsey	8 9:35 SPRINT Deanna 6:00 SPRINT Amelia	9 9:35 RPM Betsey	10 9:00 SPRINT Paige
11	12 9:35 SPRINT Deanna 6:00 SPRINT Kristin	13	14 9:35 Spintense Betsey	15 9:35 SPRINT Deanna 6:00 SPRINT Amelia	16 9:35 RPM Betsey	17 9:00 SPRINT Paige
18	19 9:35 SPRINT Deanna 6:00 SPRINT Amelia	20	21 9:35 Spintense Betsey	22 9:35 SPRINT Deanna 6:00 SPRINT Kristin	23 9:35 RPM Betsey	24 9:00 SPRINT Kristin
25 <div style="text-align: center; color: red; font-weight: bold;">MERRY CHRISTMAS</div> 	26 9:35 SPRINT Deanna 6:00 SPRINT Paige	27	28 9:35 Spintense Betsey	29 9:35 SPRINT Deanna 6:00 SPRINT Kristin	30 9:35 RPM Betsey	31 9:00 SPRINT Kristin

Tides – December 2022

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