

# The Studio – March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30 Cardio Blast Diana <b>9:35 BodyCombat</b> Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  <b>5:45 Les Mills TONE</b> Amelia 6:35 BodyPump Paige	2 5:30 N10c Annie 8:30 Strength Antonio 9:35 BodyPump Heidi <b>10:45 Barre Fusion</b> Julie <b>12:00 Condition &amp; Stretch</b> Sara 5:30 Cardio Yoga Taylor <b>6:30 N10c Annie</b> <b>6:35 Les Mills Core</b> Heidi	3 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi <b>11:00 PT: Balance &amp; Coordination</b> Sherri	4 9:00 GRIT Amelia 9:35 BodyPump Amelia
5 1:00 BodyPump Paige	6 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Simply 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 <b>7:15 Gentle-Chair Yoga</b> Michele	7 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia <b>10:40 Slow Flow                      Detox Yoga</b> Corrin 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Zumba Erin	8 8:30 Cardio Blast Diana <b>9:35 Les Mills TONE</b> Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  <b>5:45 BodyCombat</b> Paige 6:35 BodyPump Paige	9 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi <b>10:45 Barre Fusion</b> Julie <b>12:00 Condition &amp; Stretch</b> Sara 5:30 Cardio Yoga Taylor <b>6:30 N10c Annie</b> <b>6:35 Les Mills Core</b> Heidi	10 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi <b>11:00 PT: Balance &amp; Coordination</b> Sherri	11 9:00 GRIT Paige 9:35 BodyPump Paige
12 1:00 BodyPump Adrienne	13 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Simply 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 <b>7:15 Gentle-Chair Yoga</b> Michele	14 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna <b>10:40 Slow Flow                      Detox Yoga</b> Corrin 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Zumba Erin	15 8:30 Cardio Blast Diana <b>9:35 BodyCombat</b> Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  <b>5:45 Les Mills TONE</b> Amelia 6:35 BodyPump Paige	16 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi <b>10:45 Barre Fusion</b> Julie <b>12:00 Condition &amp; Stretch</b> Sara 5:30 Cardio Yoga Taylor <b>6:30 N10c Annie</b> <b>6:35 No Les Mills                      Core Class</b>	17 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Adrienne <b>11:00 PT: Balance &amp; Coordination</b> Sherri	18 9:00 GRIT Amelia 9:35 BodyPump Amelia 10:40 Vin/Yin Yoga Sara
19 1:00 BodyPump Betsey  2:00 Holy Yoga Kelly  4:30 Rest & Restore Yoga (75 mins) Sara	20 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Simply 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 <b>7:15 Gentle-Chair Yoga</b> Michele	21 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia <b>10:40 Slow Flow                      Detox Yoga</b> Corrin 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Zumba Erin	22 8:30 Cardio Blast Diana <b>9:35 Les Mills TONE</b> Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  <b>5:45 BodyCombat</b> Paige 6:35 BodyPump Paige	23 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi <b>10:45 Barre Fusion</b> Julie <b>12:00 Condition &amp; Stretch</b> Sara 5:30 Cardio Yoga Taylor <b>6:30 N10c Annie</b> <b>6:35 Les Mills Core</b> Heidi	24 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi <b>11:00 PT: Balance &amp; Coordination</b> Sherri	25 9:00 GRIT Amelia 9:35 BodyPump Ameila
26 1:00 BodyPump Betsey	27 <b>NO 5:30 CLASS</b> 8:30 Step Mica 9:30 N10c Annie 9:35 Simply 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 <b>7:15 Gentle-Chair Yoga</b> Michele	28 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna <b>10:40 Slow Flow                      Detox Yoga</b> Corrin 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Zumba Erin	29 8:30 Cardio Blast Diana <b>9:35 BodyCombat</b> Deanna 11:00 PT: Cardio Ball Drumming Mica 12:00 BodyPump/Core Heidi  <b>5:45 Les Mills TONE</b> Amelia 6:35 BodyPump Paige	30 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi <b>10:45 Barre Fusion</b> Julie <b>12:00 Condition &amp; Stretch</b> Sara 5:30 Cardio Yoga Taylor <b>6:30 N10c Annie</b> <b>6:35 Les Mills Core</b> Heidi	31 8:30 Step Mica 9:30 N10c Melanie 9:35 BodyBalance Heidi <b>11:00 PT: Balance &amp; Coordination</b> Sherri	

# The Haven – March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	<b>2</b> 8:30 Gentle Yoga Colleen 9:35 <b>Detox Yoga</b> Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>3</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy <b>10:40 Mobility &amp; Flexibility</b> <b>Antonio</b> 12:00 Power Yoga Heidi	<b>4</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee 10:40 Yin/Yin Yoga Sara
<b>5</b> 2:00 Holy Yoga Kelly  <b>4:30 Rest &amp; Restore Yoga (75 mins)</b> <b>Jenny</b>	<b>6</b> 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 Jill 6:35 Les Mills Barre Adrienne 7:15 BodyBalance Adrienne	<b>7</b> 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	<b>8</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	<b>9</b> 8:30 Gentle Yoga Colleen 9:35 <b>Detox Yoga</b> Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>10</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy <b>10:40 Mobility &amp; Flexibility</b> <b>Antonio</b> 12:00 Power Yoga Heidi	<b>11</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Stacey 10:40 Yin/Yin Yoga Sara
<b>12</b> 2:00 Holy Yoga Michele  <b>4:30 Rest &amp; Restore Yoga (75 mins)</b> <b>Sara</b>	<b>13</b> 8:30 Hatha Flow <b>Jenny</b> 9:35 Core Yoga <b>Jenny</b> 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Jenny  5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	<b>14</b> 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	<b>15</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	<b>16</b> 8:30 Gentle Yoga Colleen 9:35 <b>Detox Yoga</b> Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>17</b> 8:30 Gentle Yoga Jenny 9:35 Mat Pilates Amy <b>10:40 Mobility &amp; Flexibility</b> <b>Mica</b> 12:00 Power Yoga Jenny	<b>18</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee  <b>Studio 2 Closed for Yoga Teacher Training</b> <b>No Virtual Classes</b>
<b>19</b> <b>Studio 2 Closed for Yoga Teacher Training</b> <b>No Virtual Classes</b>	<b>20</b> 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 Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	<b>21</b> 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	<b>22</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	<b>23</b> 8:30 Gentle Yoga Colleen 9:35 <b>Detox Yoga</b> Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>24</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy <b>10:40 Mobility &amp; Flexibility</b> <b>Antonio</b> 12:00 Power Yoga Heidi	<b>25</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne 10:40 Yin/Yin Yoga Sara
<b>26</b> 2:00 Holy Yoga Kelly  <b>4:30 Rest &amp; Restore Yoga (75 mins)</b> <b>Sara</b>	<b>27</b> 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 Jill 6:35 Les Mills BARRE Adrienne 7:15 BodyBalance Adrienne	<b>28</b> 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	<b>29</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny	<b>30</b> 8:30 Gentle Yoga Colleen 9:35 <b>Detox Yoga</b> Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>31</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy <b>10:40 Mobility &amp; Flexibility</b> <b>Antonio</b> 12:00 Power Yoga Heidi	

# The Loft – March 2023

<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 Spintense Betsey	<b>2</b> 9:35 SPRINT Deanna  6:00 SPRINT Paige	<b>3</b> 9:35 RPM Betsey	<b>4</b> 9:00 SPRINT Paige
<b>5</b>	<b>6</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>7</b>	<b>8</b> 9:35 VIRTUAL RPM	<b>9</b> 9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>10</b> 9:35 VIRTUAL RPM	<b>11</b> 9:00 VIRTUAL SPRINT
<b>12</b>	<b>13</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>14</b>	<b>15</b> 9:35 Spintense Betsey	<b>16</b> 9:35 SPRINT Deanna  6:00 SPRINT Paige	<b>17</b> 9:35 RPM Betsey	<b>18</b> 9:00 SPRINT Paige
<b>19</b>	<b>20</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>21</b>	<b>22</b> 9:35 Spintense Betsey	<b>23</b> 9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>24</b> 9:35 RPM Betsey	<b>25</b> 9:00 SPRINT Paige
<b>26</b>	<b>27</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>28</b>	<b>29</b> 9:35 Spintense Betsey	<b>30</b> 9:35 SPRINT Amelia  6:00 SPRINT Paige	<b>31</b> 9:35 RPM Betsey	

# Tides – March 2023

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