

The Studio – February 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|---|--|
| | | | 1 8:30 Cardio Blast Diana 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige | 2 5:30 N10c Melanie 8:30 Strength Antonio 9:35 BodyPump Heidi 10:40 Barre Fusion Julie 5:30 Total Body Conditioning Theresa 6:35 Core 30 Heidi | 3 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 10:30 Mobility & Flexibility Antonio 11:05 PT: Balance & Coordination Sherri | 4 9:00 GRIT Amelia 9:35 BodyPump Amelia |
| 5 1:00 BodyPump Stacey | 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 7:10 Gentle-Chair Yoga Michele | 7 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yoga 101 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 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige | 9 5:30 N10c Melanie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Barre Fusion Julie 5:30 Cardio Yoga Taylor 6:35 Core 30 Heidi | 10 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 10:30 Mobility & Flexibility Antonio 11:05 PT: Balance & Coordination Sherri | 11 9:00 GRIT Amelia 9:35 BodyPump Amelia |
| 12 1:00 BodyPump Betsey 4:30 Rest & Restore Yoga (75 Minutes) Sara | 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 7:10 Gentle-Chair Yoga Michele | 14 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yoga 101 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 9:35 Les Mills TONE Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige | 16 5:30 N10c Melanie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Barre Fusion Julie 5:30 Cardio Yoga Taylor 6:35 Les Mills TONE Amelia | 17 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 10:30 Mobility & Flexibility Antonio 11:05 PT: Balance & Coordination Sherri | 18 9:00 GRIT Amelia 9:35 BodyPump Amelia 10:40 Vin/Yin Yoga Sara |
| 19 1:00 BodyPump Adrienne 2:00 Holy Yoga Kelly 4:30 Rest & Restore Yoga (75 Minutes) Sara | 20 5:30 BodyPump Adrienne 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 7:10 Gentle-Chair Yoga Michele | 21 8:30 Strength Lisa 9:35 BodyPump Amelia 10:40 Yoga 101 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 9:35 Les Mills TONE Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 6:00 GRIT Paige 6:35 BodyPump Paige | 23 5:30 N10c Melanie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Barre Fusion Julie 5:30 Cardio Yoga Taylor 6:35 Les Mills TONE Amelia | 24 8:30 Step Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 10:30 Mobility & Flexibility Antonio 11:05 PT: Balance & Coordination Sherri | 25 9:00 GRIT Paige 9:35 BodyPump Paige |
| 26 1:00 BodyPump Adrienne 4:30 Rest & Restore Yoga (75 Minutes) Sara | 27 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Betsey 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 7:10 Gentle-Chair Yoga Michele | 28 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yoga 101 Corrin 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Zumba Erin | | | | |

The Haven – February 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|---|--|
| | | | 1 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Jenny 6:35 Slow Flow & Stretch Jenny 7:40 Yin Yoga Jenny | 2 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Jenny 10:40 75 Min Yin Yoga Jenny 5:30 Mat Pilates Amy 6:35 BodyBalance Renee | 3 8:30 Gentle Yoga Heidi 12:00 Power Yoga Heidi | 4 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee |
| 5 2:00 Holy Yoga Kelly | 6 8:30 Hatha Flow Jenny 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 | 7 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 | 8 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 | 9 8:30 Gentle Yoga Corrin 9:35 Slow Flow Detox Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee | 10 8:30 Gentle Yoga Heidi 12:00 Power Yoga Heidi | 11 8:30 Slow Flow Yoga Michele 9:35 Vin/Yin Yoga Sara |
| 12 2:00 Holy Yoga Kelly | 13 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 | 14 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 | 15 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 | 16 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee | 17 8:30 Gentle Yoga Heidi 12:00 Power Yoga Heidi | 18 8:30 Slow Flow Yoga Colleen 9:35 BodyBalance Renee Studio 2 Closed for Yoga Teacher Training No Virtual Classes |
| 19 Studio 2 Closed for Yoga Teacher Training No Virtual Classes | 20 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 | 21 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 | 22 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 | 23 8:30 Gentle Yoga Colleen 9:35 Slow Flow Detox Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Mat Pilates Amy 6:35 BodyBalance Renee | 24 8:30 Gentle Yoga Heidi 12:00 Power Yoga Heidi | 25 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee 10:40 Vin/Yin Yoga Sara |
| 26 2:00 Holy Yoga Kelly | 27 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 | 28 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 | | | | |

The Loft – February 2023

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

Tides – February 2023

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