

# The Studio – May 2023

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

# The Haven – May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:30 Hatha Flow Yoga 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 Gentle Yoga Michele	<b>2</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>3</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  <b>6:00 Slow Flow &amp; Stretch</b> Jenny <b>7:05 Yin Yoga</b> Jenny	<b>4</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Michele 10:40 75 Min Yin Yoga Michele  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>5</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio  12:00 Yoga Workshop Corrin (Full)	<b>6</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne  <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes</b>
<b>7</b>  <b>Studio 2 Closed for Yoga Teacher Training No Virtual Classes (Check Studio 1)</b>	<b>8</b> 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Jenny  5:30 Yogalates Jill 6:35 Les Mills Barre Adrienne 7:15 Gentle Yoga Michele	<b>9</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>10</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  <b>6:00 Slow Flow &amp; Stretch</b> Jenny <b>7:05 Yin Yoga</b> Jenny	<b>11</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>12</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio 12:00 Power Yoga Heidi	<b>13</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Stacey <b>10:40 NO CLASS</b>
<b>14</b>  2:00 Holy Yoga Kelly	<b>15</b> 8:30 Hatha Flow Yoga Cecilia 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Jenny  5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 Gentle Yoga Michele	<b>16</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>17</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  <b>6:00 Slow Flow &amp; Stretch</b> Jenny <b>7:05 Yin Yoga</b> Jenny	<b>18</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>19</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio 12:00 Power Yoga Heidi  6:00 Yoga Workshop Corrin (Full)	<b>20</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee 10:40 Yin/Yin Yoga Sara
<b>21</b>  2:00 Holy Yoga Kelly	<b>22</b> 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:15 Express Power Yoga Cecilia  5:30 Yogalates Jill 6:35 Les Mills BARRE Adrienne 7:15 Gentle Yoga Michele	<b>23</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>24</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  <b>6:00 Slow Flow &amp; Stretch</b> Jenny <b>7:05 Yin Yoga</b> Jenny	<b>25</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin  5:30 Mat Pilates Amy 6:35 BodyBalance Renee	<b>26</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio 12:00 Power Yoga Heidi	<b>27</b> 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee 10:40 Yin/Yin Yoga Sara
<b>28</b>  2:00 Power Yoga Cecilia	<b>29</b> <b>8:30 Vinyasa Flow Yoga</b> Cecilia <b>9:35 90-min Multilevel Yoga &amp; Meditation</b> Jenny  <b>NO EVENING CLASS</b>	<b>30</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>31</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  <b>6:00 Slow Flow &amp; Stretch</b> Jenny <b>7:05 Yin Yoga</b> Jenny			

# The Loft – May 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 SPRINT Deanna  6:00 SPRINT Kristin	<b>2</b>	<b>3</b> 9:35 Spintense! Betsey	<b>4</b> 9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>5</b> 9:35 RPM Betsey	<b>6</b> 9:00 SPRINT Kristin
<b>7</b>	<b>8</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>9</b>	<b>10</b> 9:35 Spintense! Betsey	<b>11</b> 9:35 SPRINT Deanna  <b>6:00 SpinWorx</b> (30-minutes) Emily	<b>12</b> 9:35 RPM Betsey	<b>13</b> 9:00 SPRINT Paige
<b>14</b>	<b>15</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>16</b>	<b>17</b> 9:35 Spintense! Betsey	<b>18</b> 9:35 SPRINT Deanna  <b>6:00 SpinWorx</b> (30-minutes) Emily	<b>19</b> 9:35 RPM Betsey	<b>20</b> 9:00 SPRINT Kristin
<b>21</b>	<b>22</b> 9:35 SPRINT Deanna  6:00 SPRINT Kristin	<b>23</b>	<b>24</b> 9:35 Spintense! Betsey	<b>25</b> 9:35 SPRINT Deanna  6:00 SPRINT Amelia	<b>26</b> 9:35 RPM Betsey	<b>27</b> 9:00 SPRINT Paige
<b>28</b>	<b>29</b> 9:00 SPRINT Paige  <b>NO EVENING CLASS</b>	<b>30</b>	<b>31</b> 9:35 Spintense! Betsey			

# The Tides – May 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 Kelly	<b>2</b> 9:30 Water Yoga Michele  7:00 Aqua Zumba Rolanda	<b>3</b> 9:30 Water Aerobics Sabrina	<b>4</b> 9:30 Water Tai Chi Paty  1:00 Aqua Mix Sabrina  7:00 Water Aerobics Amy	<b>5</b> 9:30 Water Aerobics Sherri	<b>6</b> 9:30 Water Aerobics Sabrina
<b>7</b>	<b>8</b> 9:30 Water Aerobics Kelly	<b>9</b> 9:30 Water Yoga Michele  7:00 Aqua Zumba Rolanda	<b>10</b> 9:30 Water Aerobics Sabrina	<b>11</b> 9:30 Water Tai Chi Paty  1:00 Aqua Mix Sabrina  7:00 Water Aerobics Amy	<b>12</b> 9:30 Water Aerobics Sherri	<b>13</b> 9:30 Water Aerobics Sherri
<b>14</b>	<b>15</b> 9:30 Water Aerobics Kelly	<b>16</b> 9:30 Water Yoga Michele  7:00 Aqua Zumba Rolanda	<b>17</b> 9:30 Water Aerobics Sabrina	<b>18</b> 9:30 Water Tai Chi Paty  1:00 Aqua Mix Sabrina  7:00 Water Aerobics Amy	<b>19</b> 9:30 Water Aerobics Sherri	<b>20</b> 9:30 Aqua Zumba Alma
<b>21</b>	<b>22</b> 9:30 Water Aerobics Kelly	<b>23</b> 9:30 Water Yoga Michele  7:00 Aqua Zumba Rolanda	<b>24</b> 9:30 Water Aerobics Sabrina	<b>25</b> 9:30 Water Tai Chi Paty  1:00 Aqua Mix Sabrina  7:00 Water Aerobics Amy	<b>26</b> 9:30 Water Aerobics Sherri	<b>27</b> 9:30 Water Aerobics (outdoor pool weather permitting) Sherri
<b>28</b>	<b>29</b> 9:30 Water Aerobics Amy	<b>30</b> 9:30 Water Yoga Kelly  7:00 Aqua Zumba Rolanda	<b>31</b> 9:30 Water Aerobics Sabrina			