



The Haven – September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Gentle Yoga Christine 9:35 Mat Pilates Maura 10:40 Mobility & Flexibility Antonio	2 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee 10:40 Yin/Yin Yoga Jill
3	4 8:30 Power Yoga Cecilia 9:30 90-min Multilevel Yoga & Meditation Jill  HAPPY LABOR DAY	5 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Cecilia 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Laleh	6 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Michele 7:05 Yin Yoga Michele	7 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	8 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio Studio 2 Closed for Yoga Teacher Training No Afternoon Virtual Classes	9 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne 10:40 Yin/Yin Yoga Jill Studio 2 Closed for Yoga Teacher Training No Virtual Classes
10 Studio 2 Closed for Yoga Teacher Training No Virtual Classes (Check Studio 1)	11 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 BodyBalance Adrienne 7:35 Gentle Yoga Michele	12 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Cecilia 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Laleh	13 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Michele 7:05 Yin Yoga Michele	14 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	15 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio	16 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Renee 10:40 Yin/Yin Yoga Jill
17	18 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 NO CLASS 6:35 BodyBalance Adrienne 7:35 Gentle Yoga Michele	19 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Cecilia 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Laleh	20 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Christine 7:05 Yin Yoga Corrin	21 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	22 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio	23 8:30 Slow Flow Yoga Cecilia 9:35 BodyBalance Adrienne 10:40 Yin/Yin Yoga Colleen
24	25 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 BodyBalance Adrienne 7:35 Gentle Yoga Jill	26 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Cecilia 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Laleh	27 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Christine 7:05 Yin Yoga Jill	28 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	29 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Mobility & Flexibility Antonio	30 <u>OPEN HOUSE</u> Check our socials for the lineup! Studio 2 Closed for Yoga Teacher Training No Virtual Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid black; padding: 5px; display: inline-block;"> The Studio – September 2023 </div>					1 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Adrienne 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Cecilia	2 9:00 GRIT Amelia 9:35 BodyPump Amelia
3 1:00 BodyPump Adrienne 4:30 Rest & Restore Yoga Sara	4 8:30 Step Mica 9:35 HIIT Paige 10:40 BodyPump Paige 	5 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Les Mills TONE Amelia	6 8:30 Step Blast Diana 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:45 BodyPump Antonio 6:45 Zumba Erin	7 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Barre Fusion Julie 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:05 Mobility & Flexibility Antonio	8 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	9 9:00 GRIT Amelia 9:35 BodyPump Amelia
10 1:00 BodyPump Antonio 4:30 Rest & Restore Yoga Sara	11 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Mobility & Flexibility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	12 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Les Mills TONE Amelia	13 8:30 Step Blast Diana 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:45 BodyPump Paige 6:45 Zumba Erin	14 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Drum Fitness Julie 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:05 Mobility & Flexibility Antonio	15 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	16 9:00 GRIT Amelia 9:35 BodyPump Amelia
17 1:00 BodyPump Betsey 4:30 Rest & Restore Yoga Christine	18 5:30 BodyPump Stacey 8:30 Step Mica 9:35 N10c Antonio 9:35 Les Mills TONE Deanna 10:30 Mobility & Flexibility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	19 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Taylor 6:30 N10c Paige 6:35 Les Mills TONE Amelia	20 8:30 HIIT Antonio 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:45 BodyPump Paige 6:45 Zumba Erin	21 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Barre Fusion Julie 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:05 Mobility & Flexibility Antonio	22 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	23 9:00 GRIT Amelia 9:35 BodyPump Amelia
24 1:00 BodyPump Antonio 4:30 Rest & Restore Yoga Jill	25 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Mobility & Flexibility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	26 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 Les Mills TONE Amelia	27 8:30 Step Blast Diana 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:45 BodyPump Paige 6:45 Zumba Erin	28 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Drum Fitness Julie 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:05 Mobility & Flexibility Antonio	29 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	30 <u>OPEN HOUSE</u> Check our socials for the lineup!

The Loft – September 2023

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 8:30 RPM Betsey	2 9:00 Sprint Paige
3	4 9:00 Sprint Emily 	5	6 9:35 VIRTUAL RPM	7 9:35 Sprint Deanna 6:00 Sprint Emily	8 8:30 VIRTUAL RPM	9 9:00 Sprint Paige
10	11 9:35 Sprint Emily 6:00 Sprint Kristin	12	13 9:35 Spintense Betsey	14 9:35 Sprint Deanna 6:00 Sprint Amelia	15 8:30 RPM Betsey	16 9:00 Sprint Paige
17	18 9:35 Sprint Emily 6:00 Sprint Kristin	19	20 9:35 Spintense Betsey	21 9:35 Sprint Deanna 6:00 Sprint Emily	22 8:30 RPM Betsey	23 9:00 Sprint Paige
24	25 9:35 Sprint Emily 6:00 Sprint Kristin	26	27 9:35 Spintense Betsey	28 9:35 Sprint Deanna 6:00 Sprint Amelia	29 8:30 RPM Betsey	30 <u>OPEN HOUSE</u> Check our socials for the lineup!

The Tides – September 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 Kelly	2 9:30 Water Aerobics Sherri
3	4 9:30 Water Aerobics Sherri 	5 9:30 Water Yoga Michele 7:00 Aqua Zumba Rolanda	6 9:30 Water Aerobics Sabrina	7 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	8 9:30 Water Aerobics Sherri	9 9:30 Water Aerobics Sabrina
10	11 9:30 Water Aerobics Kelly	12 9:30 Water Yoga Michele 7:00 Aqua Zumba Rolanda	13 9:30 Water Aerobics Sabrina	14 9:30 Water Yoga Kelly 7:00 Water Aerobics Amy	15 9:30 Water Aerobics Sherri	16 9:30 Aqua Zumba Alma
17	18 9:30 Water Aerobics Kelly	19 9:30 Water Yoga Michele 7:00 Aqua Zumba Rolanda	20 9:30 Water Aerobics Sabrina	21 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	22 9:30 Water Aerobics Sherri	23 9:30 Water Aerobics Sabrina
24	25 9:30 Water Aerobics Kelly	26 9:30 Water Yoga Kelly 7:00 Aqua Zumba Rolanda	27 9:30 Water Aerobics Sabrina	28 9:30 Water Tai Chi Paty 7:00 Water Aerobics Amy	29 9:30 Water Aerobics Sherri	30 <u>OPEN HOUSE</u> 9:30 Aqua Mix Sabrina