



The Tides – November 2023


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 9:35 Water Aerobics Kelly	2 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	3 9:35 Water Aerobics Sherri	4 9:35 Water Aerobics Kelly
5	6 9:35 Water Aerobics Kelly	7 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	8 9:35 Water Aerobics Sabrina	9 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	10 9:35 Water Aerobics Sherri	11 9:35 Water Aerobics Sherri
12	13 9:35 Water Aerobics Kelly	14 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	15 9:35 Water Aerobics Sabrina	16 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	17 9:35 Water Aerobics Sherri	18 9:35 Aqua Zumba Alma
19	20 9:35 Water Aerobics Kelly	21 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	22 9:35 Water Aerobics Sabrina	23 Happy Thanksgiving 	24 9:35 Aqua Zumba Alma	25 9:35 Water Aerobics Sabrina
26	27 9:35 Water Aerobics Kelly	28 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	29 9:35 Water Aerobics Sabrina	30 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Studio – November 2023			1 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Mica 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	2 5:30 N10c Annie 8:30 Strength Antonio 9:35 BodyPump Heidi 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Antonio	3 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	4 9:00 GRIT Amelia 9:35 BodyPump Amelia
5 1:00 BodyPump Betsy 4:30 Rest & Restore Yoga Sara	6 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	7 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Antonio 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:30 N10c Paige 6:35 NO CLASS	8 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	9 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Antonio	10 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Paige 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	11 9:00 GRIT Paige 9:35 BodyPump Paige
12 1:00 BodyPump Paige 4:30 Rest & Restore Yoga Sara	13 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	14 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	15 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	16 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Antonio	17 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	18 9:00 GRIT Amelia 9:35 BodyPump Amelia
19 1:00 BodyPump Betsy 4:30 Rest & Restore Yoga Sara	20 5:30 BodyPump Stacey 8:30 Step Mica 9:35 N10c Antonio 9:35 Les Mills TONE Amelia 10:30 Stretch & Mobility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	21 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	22 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi No Evening Classes	23 Happy Thanksgiving 	24 8:30 N10c Antonio 9:30 Turkey Burner Taylor 10:35 BodyPump Antonio	25 9:00 GRIT Amelia 9:35 BodyPump Amelia
26 1:00 BodyPump Antonio 4:30 Rest & Restore Yoga Sara	27 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Antonio 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core 30 Heidi 7:10 BodyCombat Paige	28 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	29 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	30 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Antonio 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Antonio		

The Haven – November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Cecilia 7:05 Yin Yoga Cecilia	2 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	3 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	4 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne 10:40 Vin/Yin Yoga Jill
5	6 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 6:30 BodyBalance45 Renee 7:15 Gentle Yoga Jill	7 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	8 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Cecilia 7:05 Yin Yoga Cecilia	9 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	10 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	11 8:30 Slow Flow Yoga Jill 9:35 BodyBalance Renee 10:40 Restorative Yogalates Jill
12	13 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 6:30 BodyBalance45 Adrienne 7:15 Gentle Yoga Michele	14 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	15 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Cecilia 7:05 Yin Yoga Cecilia	16 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	17 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	18 8:30 Slow Flow Yoga Corrin 9:35 BodyBalance Renee 10:40 Restorative Yogalates Jill 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 Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:30 BodyBalance45 Adrienne 7:15 Gentle Yoga Michele	21 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	22 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin No Evening Classes	23 Happy Thanksgiving 	24 8:30 BodyBalance Stacey 9:35 90-Minute Slow Flow Detox Christine	25 8:30 Slow Flow Yoga Michele 9:35 BodyBalance Adrienne 10:40 Restorative Yogalates Jill
26	27 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 6:30 BodyBalance45 Adrienne 7:15 Gentle Yoga Michele	28 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	29 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 6:00 Slow Flow & Stretch Cecilia 7:05 Yin Yoga Cecilia	30 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Slow Flow Detox Heidi 6:35 BodyBalance Renee		

The Loft – November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:35 Spintense Betsey	2 9:35 Sprint Deanna 6:00 Sprint Emily	3 8:30 RPM Betsey	4 9:00 Sprint Paige
5	6 9:35 Sprint Emily 6:00 Sprint Kristin	7	8 9:35 Spintense Betsey	9 9:35 Sprint Deanna 6:00 Sprint Kim	10 8:30 RPM Betsey	11 9:00 Sprint Kim
12	13 9:35 Sprint Emily 6:00 Sprint Kristin	14	15 9:35 Spintense Betsey	16 9:35 Sprint Deanna 6:00 Sprint Emily	17 8:30 RPM Betsey	18 9:00 Sprint Paige
19	20 9:35 Sprint Emily 6:00 Sprint Kristin	21	22 9:35 Spintense Betsey	23 Happy Thanksgiving 	24 9:30 RPM Betsey	25 9:00 Sprint Paige
26	27 9:35 Sprint Emily 6:00 Sprint Kristin	28	29 9:35 Spintense Betsey	30 9:35 Sprint Deanna 6:00 Sprint Kim		