

The Studio – February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	2 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	3 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia
4 3:30 BodyPump Paige 4:30 Rest & Restore Yoga Sara	5 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Deanna 9:35 Les Mills TONE Amelia 10:30 Stretch & Mobility Amelia 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	6 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	7 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Adrienne 6:35 Zumba Erin	8 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	9 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi	10 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Paige
11 3:30 BodyPump Stacey	12 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	13 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	14 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	15 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli NO 12:00 CLASS 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	16 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi	17 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Paige
18 3:30 BodyPump Paige	19 5:30 BodyPump Paige 8:30 Step Mica 9:30 N10c Gaby 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	20 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Jill 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	21 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	22 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Jill 6:00 N10c Gaby 6:35 Les Mills Core Heidi	23 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	24 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia
25 3:30 BodyPump Adrienne	26 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Deanna 9:35 Les Mills TONE Amelia 10:30 Stretch & Mobility Amelia 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	27 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	28 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 Alma	29 5:30 N10c Annie 8:30 Strength Antonio 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi		

The Haven – February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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	2 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	3 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill Studio 2 Closed for Yoga Teacher Training No Virtual Classes
4 Studio 2 Closed for Yoga Teacher Training No Virtual Classes See Studio 1 Schedule	5 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 Gentle Yoga Michele	6 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	7 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	8 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Jill 10:40 75 Min Yin Yoga Juli 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	9 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	10 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
11 4:30 Rest & Restore Yoga Sara	12 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	13 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	14 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	15 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	16 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	17 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
18 4:30 Rest & Restore Yoga Jill	19 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Jill	20 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Juli 6:35 Hot Detox Yoga Juli	21 8:30 Yin Yoga Maura 9:35 Mat Pilates Maura 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	22 8:30 Gentle Yoga Corrin 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	23 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Jill 10:40 Stretch & Mobility Antonio	24 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
25 4:30 Rest & Restore Yoga Sara	26 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	27 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Juli 6:35 Hot Detox Yoga Juli	28 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	29 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		

The Loft – February 2024

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

The Tides – February 2024

<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 Tai Chi Paty 7:05 Water Aerobics Amy	2 9:35 Water Aerobics Sherri	3 9:35 Aqua Zumba Alma
4	5 9:35 Water Aerobics Kelly	6 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	7 9:35 Water Aerobics Jodi	8 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	9 9:35 Water Aerobics Jodi	10 9:35 Water Aerobics Kelly
11	12 9:35 Water Aerobics Amy	13 9:35 Water Yoga Christine 7:05 Aqua Zumba Rolanda	14 9:35 Water Aerobics Jodi	15 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	16 9:35 Water Aerobics Kelly	17 9:35 Aqua Zumba Alma
18	19 9:35 Water Aerobics Kelly	20 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	21 9:35 Water Aerobics Sabrina	22 9:35 Water Tai Chi Paty 7:05 Water Aerobics Sabrina	23 9:35 Water Aerobics Sherri	24 9:35 Water Aerobics Sabrina
25	26 9:35 Water Aerobics Kelly	27 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	28 9:35 Water Aerobics Sabrina	29 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy		