

The Haven – May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>** Signifies Workshops that require additional fees to attend. Please visit our website for more information.</p>			<p>1 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha</p>	<p>2 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee</p>	<p>3 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia</p> <p>**6:00 Restorative Yoga Workshop Corrin</p>	<p>4 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill</p>
<p>5 10:30 Power Yoga Brooke</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>6 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Michele</p>	<p>7 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jill 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli</p>	<p>8 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha</p>	<p>9 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee</p>	<p>10 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Gaby</p>	<p>11 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill</p> <p>**12:00 Yoga Melt Restorative Workshop Shelly</p>
<p>12</p> <p>Happy Mother's Day!</p> <p>No Classes</p>	<p>13 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Jill</p>	<p>14 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Jill</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli</p>	<p>15 8:30 Yin Yoga Corrin 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha</p>	<p>16 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee</p>	<p>17 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna</p>	<p>18</p> <p>OPEN HOUSE SCHEDULE: 8:30 Slow Flow Michele 9:35 Hot Detox Shwetha 10:40 Cardio Yoga Taylor 11:45 Yin Yoga Shwetha</p> <p>Studio 2 closed for Yoga Teacher Training No Virtual Classes</p>
<p>19</p> <p>Studio 2 closed for Yoga Teacher Training No Virtual Classes</p> <p>10:30 Power Yoga moved to Studio One</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>20 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Michele</p>	<p>21 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Christine 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli</p>	<p>22 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha</p>	<p>23 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee</p>	<p>24 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Maura 10:40 Stretch & Mobility Gaby</p>	<p>25 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill</p>
<p>26 10:30 Power Yoga Brooke</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>27 8:30 Gentle Yoga Shwetha 9:35 Hot Detox Yoga Shwetha 10:40 Special 90 min Yoga Christine</p> <p>Happy Memorial Day!</p>	<p>28 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Christine 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli</p>	<p>29 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha</p>	<p>30 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee</p>	<p>31 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Jill 10:40 Stretch & Mobility Deanna</p>	

The Studio – May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Barre Fusion Julie 9:35 HIIT IT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	2 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	3 5:30 HIIT Circuit Annie 8:30 Condition & Strength Gaby 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Chair Stretch & Flex Yoga Corrin 12:00 Power Yoga Heidi	4 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia
5 3:30 BodyPump Paige	6 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Gaby 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	7 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Dance Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	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 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	10 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Gaby 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	11 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Paige
12 Happy Mother's Day! No Classes	13 5:30 BodyPump Stacey 8:30 Condition & Strength Gaby 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 Renee	14 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 NO CLASS 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	15 8:30 Barre Fusion Julie 9:35 HIIT IT 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 10:40 Gentle Yoga Juli 12:00 NO CLASS 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	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 OPEN HOUSE SCHEDULE: 8:00 GRIT Amelia, Paige 8:35 Bodycombat Paige, Deanna 9:15 Les Mills Tone Amelia, Deanna 10:00 BodyPump + 2 Core Tracks A, D, H, P 11:30 Werq + Les Mills Dance Michele, Jill
19 10:30 Power Yoga Brooke 3:30 BodyPump Stephanie	20 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	21 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Dance Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	22 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	23 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 Maura 6:00 N10c Paige 6:35 Les Mills Core Heidi	24 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Gaby 9:35 BodyBalance Heidi 11:05 PT: Chair Stretch & Flex Yoga Kelly 12:00 Power Yoga Heidi	25 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia
26 3:30 BodyPump Stacey	27 8:30 Condition & Strength Gaby 9:30 N10c Gaby 9:35 20/20/20 Taylor 10:40 BodyPump Taylor Happy Memorial Day!	28 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Dance Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	29 8:30 Barre Fusion Julie 9:35 HIIT IT 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 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Jill 6:00 N10c Paige 6:35 Les Mills Core Heidi	31 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	

The Loft – May 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 Sprint Amelia	2 9:35 Spintense Emily 6:00 Sprint Kim	3 8:30 RPM Betsey	4 9:00 Sprint Paige
5	6 9:35 Sprint Emily 6:00 Sprint Kristin	7	8 9:35 Virtual Sprint	9 9:35 Spintense Emily 6:00 Sprint Kim	10 8:30 RPM Betsey	11 9:00 Sprint Emily
12	13 9:35 Sprint Emily 6:00 Sprint Kristin	14	15 9:35 Sprint Amelia	16 9:35 Spintense Emily 6:00 Sprint Kim	17 8:30 RPM Betsey	18 OPEN HOUSE SCHEDULE: 8:30 Sprint Kristin/Emily 9:30 Sprint Paige/Kim
19	20 9:35 Sprint Emily 6:00 Sprint Kim	21	22 9:35 Sprint Amelia	23 9:35 Spintense Emily 6:00 Sprint Kim	24 8:30 RPM Betsey	25 9:00 Sprint Kim
26	27 9:35 Sprint Emily Happy Memorial Day!	28	29 9:35 Sprint Amelia	30 9:35 Spintense Emily 6:00 Sprint Kim	31 8:30 RPM Betsey	

The Tides – May 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 Aerobics Sabrina	2 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	3 9:35 Water Aerobics Kelly	4 9:35 Aqua Zumba Alma
5	6 9:35 Water Aerobics Kelly	7 9:35 Water Yoga Michele 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 Joan
12	13 9:35 Water Aerobics Kelly	14 9:35 Water Yoga Kelly 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 OPEN HOUSE SCHEDULE: 9:35 90 minute Aqua Mix Alma/Sabrina/ Amy
19	20 9:35 Water Aerobics Kelly	21 9:35 Water Yoga Michele 7:05 Aqua Zumba Alma	22 9:35 Water Aerobics Sabrina	23 9:35 Water Tai Chi Paty 7:05 Water Aerobics Laura	24 9:35 Water Aerobics Kelly	25 9:35 Water Aerobics Joan Outdoor Pool Opening Day!
26	27 9:35 Water Aerobics Kelly Happy Memorial Day!	28 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	29 9:35 Water Aerobics Sabrina	30 9:35 Water Tai Chi Paty No Evening Class	31 9:35 Water Aerobics Sherri	