

# The Studio - June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia
<b>2</b>  3:30 BodyPump Adrienne	<b>3</b> 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	<b>4</b> 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	<b>5</b> 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	<b>6</b> 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	<b>7</b> 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Chair Stretch & Flex Yoga Corrin  12:00 Power Yoga Juli	<b>8</b> 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia <b>10:40 WERQ</b> Michele
<b>9</b>  10:30 Power Yoga Brooke  3:30 BodyPump Stacey	<b>10</b> 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	<b>11</b> 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 Theresa	<b>12</b> 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 Amelia 6:35 Zumba Erin	<b>13</b> 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 <b>No N10c Class</b> 6:35 Les Mills Core Heidi	<b>14</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	<b>15</b> 8:30 20/20/20 Taylor 9:35 BodyPump Taylor
<b>16</b>  3:30 BodyPump Adrienne	<b>17</b> 5:30 BodyPump Stacey 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 Kelly  5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	<b>18</b> 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	<b>19</b> 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 <b>6:35 WERQ</b> Michele	<b>20</b> 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	<b>21</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	<b>22</b> 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia <b>10:40 WERQ</b> Michele
<b>23</b>  3:30 BodyPump Paige	<b>24</b> 5:30 BodyPump Paige 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	<b>25</b> 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	<b>26</b> 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	<b>27</b> 5:30 N10c Annie 8:30 Strength Gaby 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara  5:30 Mat Pilates Amy <b>No N10c Class</b> 6:35 Les Mills Core Heidi	<b>28</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Adrienne 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Kelly	<b>29</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia
<b>30</b>  3:30 BodyPump Betsey	<b>30</b> 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	<b>30</b> 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	<b>30</b> 5:30 BodyPump Paige 6:35 Zumba Erin	<b>30</b> 5:30 Mat Pilates Amy <b>No N10c Class</b> 6:35 Les Mills Core Heidi		

# The Haven - June 2024

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

# The Loft – June 2024

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

# The Tides – June 2024

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