

# The Studio - August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</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 Kaitlin 6:35 Les Mills Core Heidi	<b>2</b> 8:30 Step & Strength Mica 9:30 N10c Kaitlin 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi	<b>3</b> 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia
<b>4</b> 10:30 Power Yoga Brooke  3:30 BodyPump Adrienne	<b>5</b> 5:30 BodyPump Paige 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>6</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 5:30 N10c Kaitlin 6:35 Bodycombat Deanna	<b>7</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>8</b> 5:30 N10c Annie 8:30 Strength Kaitlin 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>9</b> 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi	<b>10</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia 10:40 WERQ Lizz
<b>11</b>  3:30 BodyPump Stacey	<b>12</b> 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	<b>13</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	<b>14</b> 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	<b>15</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>16</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi <b>11:05 PT: Alignment Check Mica</b>  12:00 Power Yoga Heidi	<b>17</b> 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia  <b>**12:00 Melt: True Core vs Superficial Core Yoga Workshop</b>
<b>18</b> 10:30 Power Yoga Brooke  3:30 BodyPump Betsey	<b>19</b> 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Kaitlin 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>20</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	<b>21</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>22</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>23</b> 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi	<b>24</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia
<b>25</b>  3:30 BodyPump Paige	<b>26</b> 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	<b>27</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>28</b> 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	<b>29</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 Jill 6:00 N10c Paige 6:35 Les Mills Core Heidi	<b>30</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi	<b>31</b> 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The Haven - August 2024</b>						
				<b>1</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	<b>2</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Kaitlin  <b>**4:00 Restorative Yoga Workshop Corrin</b>	<b>3</b> 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill  <b>Studio 2 closed for Yoga Teacher Training No Virtual Classes</b>
<b>4</b> <b>Studio 2 closed for Yoga Teacher Training No Virtual Classes</b>  <b>**10:30 Power Yoga moved to Studio One</b>  4:30 Rest & Restore Yoga Sara	<b>5</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 QiQi	<b>6</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Shwetha 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	<b>7</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha	<b>8</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	<b>9</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia	<b>10</b> 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>11</b> 10:30 Power Yoga QiQi  4:30 Rest & Restore Yoga Sara	<b>12</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 QiQi	<b>13</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Shwetha 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	<b>14</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Maura 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha	<b>15</b> 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	<b>16</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	<b>17</b> 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill  <b>Studio 2 closed for Yoga Teacher Training No Virtual Classes</b>
<b>18</b> <b>Studio 2 closed for Yoga Teacher Training No Virtual Classes</b>  <b>**10:30 Power Yoga moved to Studio One</b>  4:30 Rest & Restore Yoga Sara	<b>19</b> 8:30 Hatha Flow Yoga Jill 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly  5:30 Yogalates Jill 6:35 Gentle Yoga QiQi	<b>20</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Shwetha 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	<b>21</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha	<b>22</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	<b>23</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia	<b>24</b> 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>25</b> 10:30 Power Yoga Brooke  4:30 Rest & Restore Yoga Sara	<b>26</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	<b>27</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Shwetha 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	<b>28</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha	<b>29</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	<b>30</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Maura 10:40 Stretch & Mobility Deanna	<b>31</b> 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill

# The Loft - August 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 Spintense Emily    6:00 Sprint Kim	<b>2</b> 8:30 RPM Betsey	<b>3</b> 9:00 Sprint Emily
<b>4</b>	<b>5</b> 9:35 Sprint Emily   6:00 Sprint Kristin	<b>6</b>	<b>7</b> 9:35 Sprint Amelia	<b>8</b> 9:35 Spintense Emily   6:00 Sprint Kim	<b>9</b> 8:30 RPM Betsey	<b>10</b> 9:00 Sprint Amelia
<b>11</b>	<b>12</b> 9:35 Sprint Emily   6:00 Sprint Kristin	<b>13</b>	<b>14</b> 9:35 Sprint Amelia	<b>15</b> 9:35 Spintense Betsey   6:00 Sprint Kim	<b>16</b> 8:30 RPM Betsey	<b>17</b> 9:00 Sprint Paige
<b>18</b>	<b>19</b> 9:35 Sprint Amelia   6:00 Sprint Kristin	<b>20</b>	<b>21</b> 9:35 Sprint Amelia	<b>22</b> 9:35 Spintense Emily   6:00 Sprint Kristin	<b>23</b> 8:30 RPM Betsey	<b>24</b> 9:00 Sprint Amelia
<b>25</b>	<b>26</b> 9:35 Sprint Emily   6:00 Sprint Kristin	<b>27</b>	<b>28</b> 9:35 Sprint Amelia	<b>29</b> 9:35 Spintense Emily   6:00 Sprint Kim	<b>30</b> 8:30 RPM Betsey	<b>31</b> 9:00 Sprint Paige

# The Tides - August 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 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>2</b> 9:35 Water Aerobics Joan	<b>3</b> 9:35 Water Aerobics Laura
<b>4</b>	<b>5</b> 9:35 Water Aerobics Kelly	<b>6</b> 9:35 Water Yoga Christine  7:05 Aqua Zumba Rolanda	<b>7</b> 9:35 Water Aerobics Sabrina	<b>8</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>9</b> <b>6:15 Sunrise Tai Chi            Yoga Paty</b>  9:35 Water Aerobics Joan	<b>10</b> 9:35 Aqua Zumba Alma
<b>11</b>	<b>12</b> 9:35 Water Aerobics Kelly	<b>13</b> 9:35 Water Yoga Kelly  7:05 Aqua Zumba Rolanda	<b>14</b> 9:35 Water Aerobics Kelly	<b>15</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>16</b> 9:35 Water Aerobics Joan	<b>17</b> 9:35 Water Aerobics Laura
<b>18</b>	<b>19</b> 9:35 Water Aerobics Kelly	<b>20</b> 9:35 Water Yoga Kelly  7:05 Aqua Zumba Rolanda	<b>21</b> 9:35 Water Aerobics Sabrina	<b>22</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>23</b> <b>6:15 Sunrise Tai Chi            Yoga Paty</b>  9:35 Water Aerobics Joan	<b>24</b> 9:35 Aqua Zumba Alma
<b>25</b>	<b>26</b> 9:35 Water Aerobics Kelly	<b>27</b> 9:35 Water Yoga Michele  7:05 Aqua Zumba Rolanda	<b>28</b> 9:35 Water Aerobics Kelly	<b>29</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Laura	<b>30</b> 9:35 Water Aerobics Joan	<b>31</b> 9:35 Water Aerobics Laura