

# The Studio - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 Bodycombat Paige	<b>2</b> 8:30 Barre Fusion Julie 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 WERQ Michele	<b>3</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill 12:00 Condition & Stretch Sara  5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	<b>4</b> 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica  12:00 Power Yoga Heidi	<b>5</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia 10:40 <b>NO CLASS</b>
<b>6</b>          3:30 BodyPump Sarah	<b>7</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>8</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 Bodycombat Paige	<b>9</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>10</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill 12:00 Condition & Stretch Sara  5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	<b>11</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>Country Dance 6-8pm</b>	<b>12</b> <b>OPEN HOUSE:</b> 8:30 Grit Deanna & Paige 9:05 BodyCombat & Tone Deanna & Paige 9:45 BodyPump & 2 Core Tracks Deanna, Paige & Heidi 11:00 BodyBalance Adrienne & Heidi
<b>13</b>          3:30 BodyPump Sarah	<b>14</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 Kelly  5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	<b>15</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 Bodycombat Paige	<b>16</b> 8:30 Barre Fusion Julie 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Zumba Erin	<b>17</b> 5:30 N10c Annie 8:30 Strength Gaby 9:35 BodyPump Heidi <b>10:40 NO CLASS</b> 12:00 Condition & Stretch Sara  5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	<b>18</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Alignment Check Mica  12:00 Power Yoga Heidi	<b>19</b> 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
<b>20</b>          3:30 BodyPump Sarah	<b>21</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 Kelly  5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	<b>22</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 6:00 N10c Kaitlin 6:35 Bodycombat Paige	<b>23</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>24</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill <b>12:00 NO CLASS</b>  5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	<b>25</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>26</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia 10:40 WERQ Michele
<b>27</b>          3:30 BodyPump Sarah	<b>28</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>29</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 Bodycombat Paige	<b>30</b> 8:30 Barre Fusion Julie 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Mica 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Les Mills Dance Jill	<b>31</b> 5:30 N10c Annie 8:30 Strength Gaby 9:35 BodyPump Amelia 10:40 Gentle Yoga Jill 12:00 Condition & Stretch Sara  <b>NO CLASS HAPPY HALLOWEEN!</b>		

# The Haven - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Jill 6:35 Hot Detox Yoga QiQi	<b>2</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Jill 6:35 Yin Yoga Jill	<b>3</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>4</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia  <b>**4:00 Restorative Yoga Workshop Corrin</b>  <b>**6:00 Restorative Yoga Workshop Corrin</b>	<b>5</b> 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Alex 10:40 Restorative Yogalates Jill  <b>Studio 2 closed for Yoga Teacher Training No Virtual Classes</b>
<b>6</b> <b>Studio 2 closed for Yoga Teacher Training No Virtual Classes</b>  <b>**10:30 NO CLASS</b>  4:30 Rest & Restore Yoga Sara	<b>7</b> 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	<b>8</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Jill 6:35 Hot Detox Yoga QiQi	<b>9</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Jill 6:35 Yin Yoga Jill	<b>10</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 Stacey	<b>11</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	<b>12</b> <b>OPEN HOUSE:</b> 8:30 Slow Flow Yoga Michele 9:35 Hot Detox Yoga Alex 10:40 Yogalates Jill
<b>13</b> 10:30 Power Yoga Alex  4:30 Rest & Restore Yoga Sara	<b>14</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>15</b> 8:30 Gentle Yoga Kelly 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Alex	<b>16</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Christine  5:30 Slow Flow Jill 6:35 Yin Yoga Jill	<b>17</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Jill 10:40 75 Min Yin Yoga Jill  5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	<b>18</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	<b>19</b> 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>20</b> 10:30 Power Yoga Brooke  4:30 Rest & Restore Yoga Jill	<b>21</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>22</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	<b>23</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	<b>24</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>25</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia	<b>26</b> 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>27</b> 10:30 Power Yoga Brooke  4:30 Rest & Restore Yoga Sara	<b>28</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>29</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 Shwetha	<b>30</b> 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	<b>31</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin  <b>NO CLASS HAPPY HALLOWEEN!</b>		

# The Tides - October 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 Yoga Michele  7:05 Aqua Mix Rolanda	<b>2</b> 9:35 Water Aerobics Sabrina	<b>3</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>4</b> 9:35 Water Aerobics Michelle	<b>5</b> 9:35 Water Aerobics Laura
<b>6</b>	<b>7</b> 9:35 Water Aerobics Kelly	<b>8</b> 9:35 Water Yoga Michele  7:05 Aqua Zumba Rolanda	<b>9</b> 9:35 Water Aerobics Sabrina	<b>10</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>11</b> 9:35 Water Aerobics Joan	<b>12</b> <b>OPEN HOUSE:</b> 9:30 90 Minute Water Mix Alma, Amy & Joan
<b>13</b>	<b>14</b> 9:35 Water Aerobics Kelly	<b>15</b> 9:35 Water Yoga Michele  7:05 Aqua Mix Rolanda	<b>16</b> 9:35 Water Aerobics Sabrina	<b>17</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>18</b> 9:35 Water Aerobics Joan	<b>19</b> 9:35 Water Aerobics Sabrina
<b>20</b>	<b>21</b> 9:35 Water Aerobics Kelly	<b>22</b> 9:35 Water Yoga Kelly  7:05 Aqua Zumba Rolanda	<b>23</b> 9:35 Water Aerobics Sabrina	<b>24</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>25</b> 9:35 Water Aerobics Joan	<b>26</b> 9:35 Aqua Zumba Alma
<b>27</b>	<b>28</b> 9:35 Water Aerobics Kelly	<b>29</b> 9:35 Water Yoga Kelly  7:05 Aqua Zumba Rolanda	<b>30</b> 9:35 Water Aerobics Michelle	<b>31</b> 9:35 Water Tai Chi Paty  <b>NO CLASS</b> <b>HAPPY HALLOWEEN!</b>		

# The Loft - October 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1	2 9:35 Sprint Amelia	3 9:35 Spintense Emily  6:00 Sprint Kim	4 8:30 RPM Betsey	5 9:00 Sprint Amelia
6	7 9:35 Sprint Emily  6:00 Sprint Kristin	8	9 9:35 Sprint Amelia	10 9:35 Spintense Emily  6:00 Sprint Kim	11 8:30 RPM Betsey	12 <b>OPEN HOUSE:</b> 8:00 Spintense Emily 9:00 Sprint Kristin & Kim
13	14 9:35 Sprint Emily  6:00 Sprint Kristin	15	16 9:35 Sprint Amelia	17 9:35 Spintense Emily  6:00 Sprint Kristin	18 <b>8:30 Virtual RPM</b>	19 9:00 Sprint Paige
20	21 9:35 Sprint Kim  6:00 Sprint Kristin	22	23 9:35 Sprint Amelia	24 9:35 Spintense Emily  6:00 Sprint Kim	25 8:30 RPM Betsey	26 9:00 Sprint Amelia
27	28 9:35 Sprint Emily  6:00 Sprint Kristin	29	30 9:35 Sprint Amelia	31 9:35 Spintense Emily  <b>NO CLASS HAPPY HALLOWEEN!</b>		