

The Studio - November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Adrienne 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Alex	2 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Paige 10:40 WERQ Like A Boss Lizz
3 3:30 BodyPump Adrienne	4 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Kaitlin 9:35 Les Mills TONE Amelia 10:30 Stretch & Mobility Amelia 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Paige 6:35 LM Core 30 Paige 7:10 Bodybalance Adrienne	5 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 6:35 Bodycombat Paige	6 8:30 Barre Fusion Julie 9:35 Bodycombat Deanna 11:05 PT: Strength & Stretch Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	7 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	8 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi **Country Dance 6-8pm	9 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele
10 3:30 BodyPump Sarah	11 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 Abby 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	12 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 6:35 Bodycombat Paige	13 8:30 Barre Fusion Julie 9:35 HIIT Amelia 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	14 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	15 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	16 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
17 3:30 BodyPump Adrienne	18 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 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	19 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 6:35 Bodycombat Paige	20 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Strength & Stretch Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	21 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	22 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	23 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
24 3:30 BodyPump Sarah	25 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	26 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 6:35 Bodycombat Paige	27 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	28 NO CLASSES HAPPY THANKSGIVING!	29 8:30 N10c Paige 9:30 Turkey Burner Taylor 10:35 BodyPump Taylor	30 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele

The Haven – November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 Gentle Yoga Christine 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia **Restorative Yoga 4-5:30pm 6-7:30pm	2 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
3 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	4 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Abby 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	5 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	6 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	7 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	8 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	9 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
10 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	11 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 Jill	12 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Abby	13 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	14 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	15 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia **Melt Peak Performance 6-7:30pm	16 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
17 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	18 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	19 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	20 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	21 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	22 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	23 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
24 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	25 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	26 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Jill 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	27 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	28 NO CLASSES HAPPY THANKSGIVING!	29 8:30 90 min Slow Flow Detox Christine 10:05 90 min Flow to Yin Shwetha	30 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill

The Loft - November 2024

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

The Tides - November 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 Joan	2 9:35 Aqua Zumba Alma
3	4 9:35 Water Aerobics Kelly	5 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	6 9:35 Water Aerobics Sabrina	7 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	8 9:35 Water Aerobics Joan	9 9:35 No Class
10	11 9:35 Water Aerobics Kelly	12 9:35 Water Yoga Michele H 7:05 Aqua Zumba Alma	13 9:35 Water Aerobics Sabrina	14 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	15 9:35 Water Aerobics Joan	16 9:35 Aqua Zumba Alma
17	18 9:35 Water Aerobics Kelly	19 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	20 9:35 Water Aerobics Michelle M	21 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	22 9:35 Water Aerobics Joan	23 9:35 Water Aerobics Kelly
24	25 9:35 Water Aerobics Kelly	26 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	27 9:35 Water Aerobics Sabrina	28 NO CLASSES HAPPY THANKSGIVING!	29 9:35 Water Aerobics Amy	30 9:35 Aqua Mix Sabrina