







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 3:30 BodyPump Sarah	2 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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	3 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:45 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	4 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	5 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	6 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 6:00-8:00	7 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:45 WERQ Like A Boss Lizz	
8 3:30 BodyPump Sarah	9 5:30 BodyPump Stacey 8:30 Cardio Ball Drumming Sabrina 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 Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	10 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:45 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Paige 6:35 BodyCombat Paige	11 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	12 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	13 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	14 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:45 WERQ Like A Boss Lizz	
15 3:00 BodyPump 101 Adrienne 3:30 BodyPump Adrienne	16 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 5:00 BodyPump 101 Heidi 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	17 5:30 N10c Annie 8:30 Strength Lisa 9:00 BodyPump 101 (The Garage) Deanna 9:35 BodyPump Deanna 10:45 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	18 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:00 BodyPump 101 Paige 5:30 BodyPump Paige 6:35 Zumba Erin	19 5:30 N10c Annie 8:30 Strength Lisa 9:00 BodyPump 101 (The Garage) Heidi 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	20 8:30 Step & Strength Mica 9:30 N10c Kaitlin 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	21 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:45 WERQ Michele H	
22 3:30 BodyPump Adrienne	23 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Paige 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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	24 5:30 N10c Annie 8:30 Strength Kaitlin 9:35 BodyPump Deanna 10:45 WERQ Lizz 12:00 BodyBalance Heidi NO CLASSES	25 NO CLASSES  MERRY CHRISTMAS!	26 5:30 N10c Annie 8:30 Strength Kaitlin 9:35 BodyPump Stacey 10:40 Gentle Yoga Jill 12:00 NO CLASS 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Taylor	27 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Cardio Ball Drumming Sabrina 12:00 Power Yoga Heidi	28 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:45 WERQ Michele H	
29 3:30 BodyPump Sarah	30 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: Cardio Ball Drumming Sabrina 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	31 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:45 WERQ Michele H 12:00 BodyBalance Heidi NO CLASSES	HAPPY NEW YEARS! 	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> The Studio - December 2024 </div>			

The Haven – December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	2 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 H	3 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	4 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	5 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	6 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna ** Restorative Yoga 4:00-5:30pm ** Holiday Yin & Yin Yoga Social 6:00-8:00pm	7 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
8 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	9 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	10 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	11 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	12 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 Adrienne	13 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia	14 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
15 10:30 Power Yoga Abby 4:30 Rest & Restore Yoga Sara	16 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 Michele H	17 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	18 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	19 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	20 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Kaitlin	21 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
22 10:30 Power Yoga Heidi 4:30 Rest & Restore Yoga Sara	23 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	24 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Alex 10:40 BarreBody Maura NO CLASSES	25 NO CLASSES  MERRY CHRISTMAS!!	26 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	27 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	28 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
29 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	30 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Slow Flow & Stretch Jill 5:30 Yogalates Jill 6:35 Gentle Yoga Michele H	31 8:30 Gentle Yoga Jill 9:35 Multilevel Yoga Alex 10:40 BarreBody Maura NO CLASSES	HAPPY NEW YEARS! 			

The Loft - December 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	<p>2 9:35 Sprint Emily</p> <p>6:00 Sprint Kristin</p>	3	<p>4 9:35 Sprint Amelia</p>	<p>5 9:35 Spintense Emily</p> <p>6:00 Sprint Kim</p>	<p>6 8:30 RPM Betsey</p>	<p>7 9:00 Sprint Kim</p>
8	<p>9 9:35 Sprint Deanna</p> <p>6:00 Sprint Kristin</p>	10	<p>11 9:35 Sprint Amelia</p>	<p>12 9:35 Spintense Betsey</p> <p>6:00 Sprint Kim</p>	<p>13 8:30 RPM Betsey</p>	<p>14 9:00 Sprint Paige</p>
15	<p>16 9:35 Sprint Emily</p> <p>6:00 Sprint Kristin</p>	17	<p>18 9:35 Sprint Amelia</p>	<p>19 9:35 Spintense Emily</p> <p>6:00 Sprint Deanna</p>	<p>20 8:30 VIRTUAL RPM</p>	<p>21 9:00 Sprint Kristin</p>
22	<p>23 9:35 Sprint Deanna</p> <p>6:00 Sprint Paige</p>	24	<p>25 NO CLASSES</p>  <p>MERRY CHRISTMAS!</p>	<p>26 9:35 Spintense Paige</p> <p>6:00 Sprint Kristin</p>	<p>27 8:30 RPM Betsey</p>	<p>28 9:00 Sprint Paige</p>
29	<p>30 9:35 Sprint Emily</p> <p>6:00 Sprint Kristin</p>	31	<p>HAPPY NEW YEARS!</p> 			

The Tides - December 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 Water Aerobics Kelly	3 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	4 9:35 Water Aerobics Sabrina	5 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	6 9:35 Water Aerobics Joan	7 9:35 Water Aerobics Sabrina
8	9 9:35 Water Aerobics Kelly	10 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	11 9:35 Water Aerobics Sabrina	12 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	13 9:35 Water Aerobics Joan	14 9:35 Aqua Zumba Alma
15	16 9:35 Water Aerobics Kelly	17 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	18 9:35 Water Aerobics Sabrina	19 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	20 9:35 Water Aerobics Joan	21 9:35 Water Aerobics Kelly
22	23 9:35 Water Aerobics Kelly	24 9:35 Water Yoga Kelly NO CLASSES	25 NO CLASSES  MERRY CHRISTMAS!	26 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	27 9:35 Water Aerobics Sabrina	28 9:35 Aqua Zumba Sabrina
29	30 9:35 Water Aerobics Sabrina	31 9:35 Water Yoga Michele H NO CLASSES	HAPPY NEW YEARS! 