




# The Studio - January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>HAPPY NEW YEARS DAY!</b>  <b>NO CLASSES</b>  	<b>2</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 <b>NO CLASS</b>  5:30 Mat Pilates Amy 6:00 N10c Kaitlin 6:35 Les Mills Core Heidi	<b>3</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>4</b> 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
<b>5</b>   3:30 BodyPump Sarah	<b>6</b> 5:30 BodyPump Stacey 8:30 Step Mica 9:30 <b>NO CLASS</b> 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	<b>7</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	<b>8</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>9</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill  5:30 Mat Pilates Amy 6:00 N10c Kaitlin 6:35 Les Mills Core Heidi	<b>10</b> <b>7:30 BodyPump Xpress Stephanie</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>11</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H
<b>12</b>   3:30 BodyPump Sarah	<b>13</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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	<b>14</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	<b>15</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>16</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill  5:30 Mat Pilates Amy 6:00 N10c Kaitlin 6:35 Les Mills Core Heidi	<b>17</b> <b>7:30 BodyPump Xpress Stephanie</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>18</b> 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele H
<b>19</b>   3:30 BodyPump Adrienne	<b>20</b> 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	<b>21</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia 10:40 WERQ Lizz 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	<b>22</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>23</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill  5:30 Mat Pilates Amy 6:00 N10c Kaitlin 6:35 Les Mills Core Heidi	<b>24</b> <b>7:30 BodyPump Xpress Stephanie</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>25</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
<b>26</b>  <b>3:00 BodyPump 101 Sarah</b>  3:30 BodyPump Sarah	<b>27</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  <b>5:00 BodyPump 101 Heidi</b> 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	<b>28</b> 5:30 N10c Annie 8:30 Strength Lisa <b>9:00 BodyPump 101 (The Garage) Deanna</b> 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	<b>29</b> 8:30 Barre Fusion Julie 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  <b>5:00 BodyPump 101 Paige</b> 5:30 BodyPump Paige 6:35 Zumba Erin	<b>30</b> 5:30 N10c Annie 8:30 Strength Lisa <b>9:00 BodyPump 101 (The Garage) Heidi</b> 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill  5:30 Mat Pilates Amy 6:00 N10c Kaitlin 6:35 Les Mills Core Heidi	<b>31</b> <b>7:30 BodyPump Xpress Stephanie</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>February 1<sup>st</sup> is Les Mills New Launch!</b>


# The Haven – January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>HAPPY NEW YEARS DAY!</b>  <b>NO CLASSES</b>  	<b>2</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Jill 10:40 75 Min Yin Yoga Jill 12:00 Condition & Stretch Sara  5:30 Slow Flow Yoga Heidi 6:35 BodyBalance Adrienne	<b>3</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	<b>4</b> 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>5</b> 10:30 Power Yoga Brooke         4:30 Rest & Restore Yoga Sara	<b>6</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 H	<b>7</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>8</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Alex 6:35 Yin Yoga Shwetha	<b>9</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara  5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	<b>10</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna   <b>**Restorative Yoga 4:00-5:30pm</b>	<b>11</b> 8:30 Slow Flow Yoga Michele H 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>12</b> 10:30 Power Yoga Brooke         4:30 Rest & Restore Yoga Sara	<b>13</b> 8:30 Hatha Flow Yoga Christine 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	<b>14</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>15</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Alex 6:35 Yin Yoga Shwetha	<b>16</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara  5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	<b>17</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Kaitlin	<b>18</b> 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>19</b> 10:30 Power Yoga Brooke         4:30 Rest & Restore Yoga Sara	<b>20</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 Jill	<b>21</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>22</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 Shwetha	<b>23</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara  5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	<b>24</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Kaitlin	<b>25</b> 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>26</b> 10:30 Power Yoga Brooke         4:30 Rest & Restore Yoga Sara	<b>27</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 H	<b>28</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>29</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Alex 6:35 Yin Yoga Shwetha	<b>30</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara  5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	<b>31</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	

# The Loft - January 2025

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

# The Tides - January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>HAPPY NEW YEARS DAY!</b>  <b>NO CLASSES</b>  	<b>2</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>3</b> 9:35 Water Aerobics Kelly	<b>4</b> 9:35 Water Aerobics Laura
<b>5</b>	<b>6</b> 9:35 Water Aerobics Kelly	<b>7</b> 9:35 Water Yoga Michele H   7:05 Aqua Zumba Rolanda	<b>8</b> 9:35 Water Aerobics Sabrina	<b>9</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>10</b> 9:35 Water Aerobics Joan	<b>11</b> 9:35 Aqua Zumba Alma
<b>12</b>	<b>13</b> 9:35 Water Aerobics Kelly	<b>14</b> 9:35 Water Yoga Michele H   7:05 Aqua Zumba Rolanda	<b>15</b> 9:35 Water Aerobics Sabrina	<b>16</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>17</b> 9:35 Water Aerobics Joan	<b>18</b> 9:35 Water Aerobics Sabrina
<b>19</b>	<b>20</b> 9:35 Water Aerobics Kelly	<b>21</b> 9:35 Water Yoga Kelly   7:05 Aqua Zumba Rolanda	<b>22</b> 9:35 Water Aerobics Sabrina	<b>23</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>24</b> 9:35 Water Aerobics Joan	<b>25</b> 9:35 Water Aerobics Kelly
<b>26</b>	<b>27</b> 9:35 Water Aerobics Kelly	<b>28</b> 9:35 Water Yoga Michele H   7:05 Aqua Zumba Rolanda	<b>29</b> 9:35 Water Aerobics Sabrina	<b>30</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>31</b> 9:35 Water Aerobics Joan	