

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>The Studio - February 2025</b>				<b>1</b> 8:00 GRIT Paige 8:30 Les Mills TONE Deanna 9:35 Bodycombat Deanna 10:10 Bodypump Heidi 11:15 Les Mills Pilates Jill 12:00 WERQ Lizz  <i>All New Launches!</i>
<b>2</b>  3:30 BodyPump Sarah/Adrienne	<b>3</b> 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Kaitlin 9:35 Les Mills TONE Deanna/Amelia 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin  <b>5:30 BodyPump Launch</b> Heidi/Paige <b>6:35 Les Mills Core Launch</b> Heidi/Kim <b>7:10 BodyBalance Launch</b> Adrienne/Heidi	<b>4</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna/Amelia 10:40 WERQ Michele H 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige <b>7:40 Stretch &amp; Mobility</b> Dominic	<b>5</b> 8:30 Les Mills Pilates Jill 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>6</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Les Mills Pilates Jill  5:30 Mat Pilates Amy 6:35 Les Mills Core Heidi <b>7:40 Stretch &amp; Mobility</b> Kaitlin	<b>7</b> 7:30 BodyPump Xpress Stephanie 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>8</b> 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
<b>9</b>  3:30 BodyPump Sarah	<b>10</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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	<b>11</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 Theresa <b>7:40 Stretch &amp; Mobility</b> Dominic	<b>12</b> 8:30 Les Mills Pilates Jill 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>13</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Les Mills Pilates Jill  5:30 Mat Pilates Amy 6:35 Les Mills Core Heidi <b>7:40 Stretch &amp; Mobility</b> Kaitlin	<b>14</b> 7:30 BodyPump Xpress Stephanie 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>15</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H
<b>16</b>  3:30 BodyPump Adrienne	<b>17</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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	<b>18</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 6:30 BodyCombat Paige <b>7:40 Stretch &amp; Mobility</b> Dominic	<b>19</b> 8:30 Les Mills Pilates Maura 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>20</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Les Mills Pilates Jill  5:30 Mat Pilates Amy 6:35 Les Mills Core Heidi <b>7:40 Stretch &amp; Mobility</b> Kaitlin	<b>21</b> 7:30 BodyPump Xpress Stephanie 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>WERQ Your Red Dance Social</b> <b>6:00-8:00</b> <b>**American Heart Association Charitable Donation</b>	<b>22</b> 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
<b>23</b> 10:30 Power Yoga Brooke  3:30 BodyPump Sarah	<b>24</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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	<b>25</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>7:40 Stretch &amp; Mobility</b> Dominic	<b>26</b> 8:30 Les Mills Pilates Maura 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>27</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Les Mills Pilates Jill  5:30 Mat Pilates Amy 6:35 Les Mills Core Heidi <b>7:40 Stretch &amp; Mobility</b> Kaitlin	<b>28</b> 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	

# The Haven – February 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						<b>1</b> 8:30 Slow Flow Yoga Christine 9:30 Hot Detox Shwetha <b>10:40 NO CLASS</b>
<b>2</b> 10:30 Power Yoga Brooke        4:30 Rest & Restore Yoga Sara	<b>3</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>4</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>5</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	<b>6</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>7</b> 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	<b>8</b> 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>9</b> 10:30 Power Yoga QiQi       4:30 Rest & Restore Yoga Sara	<b>10</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>11</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>12</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	<b>13</b> 8:30 Gentle Yoga Corrin 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>14</b> 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	<b>15</b> 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>16</b> 10:30 Power Yoga Brooke       4:30 Rest & Restore Yoga Sara	<b>17</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>18</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>19</b> 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	<b>20</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>21</b> 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia   <b>**Restorative Yoga 4-5:30</b>  <b>**Yoga Teacher Training</b>	<b>22</b> 8:30 Slow Flow Yoga Christine 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill   <b>**Yoga Teacher Training</b>
<b>23</b>          <b>**Yoga Teacher Training</b>   4:30 Rest & Restore Yoga Sara	<b>24</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>25</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>26</b> 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin   5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	<b>27</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>28</b> 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	

# The Loft - February 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						<b>1</b> <b>8:30 Sprint Launch</b> Paige  <b>9:05 RPM Launch</b> Betsey
<b>2</b>	<b>3</b> 7:30 Sprint/Core Kim  9:35 Sprint Emily  6:00 Sprint Kristin	<b>4</b>      <b>6:30 Spintense</b> Emily	<b>5</b> 9:35 Sprint Amelia	<b>6</b> 9:35 Spintense Emily    6:00 Sprint Kim	<b>7</b> 8:30 RPM Betsey	<b>8</b> 9:00 Sprint Paige
<b>9</b>	<b>10</b> 7:30 Sprint/Core Kim  9:35 Sprint Emily  6:00 Sprint Kristin	<b>11</b>      <b>6:30 Spintense</b> Emily	<b>12</b> 9:35 Sprint Amelia	<b>13</b> 9:35 Spintense Emily    6:00 Sprint Kim	<b>14</b> <b>8:30 VIRTUAL RPM</b>	<b>15</b> 9:00 Sprint Kim
<b>16</b>	<b>17</b> 7:30 Sprint/Core Kim  9:35 Sprint Emily  6:00 Sprint Kristin	<b>18</b>      <b>6:30 Spintense</b> Emily	<b>19</b> 9:35 Sprint Amelia	<b>20</b> 9:35 Spintense Emily    6:00 Sprint Kim	<b>21</b> 8:30 RPM Betsey	<b>22</b> 9:00 Sprint Paige
<b>23</b>	<b>24</b> <b>7:30 NO CLASS</b>  9:35 Sprint Emily  6:00 Sprint Kristin	<b>25</b>      <b>6:30 Spintense</b> Emily	<b>26</b> 9:35 Sprint Amelia	<b>27</b> 9:35 Spintense Emily    6:00 Sprint Paige	<b>28</b> 8:30 RPM Betsey	

# The Tides - February 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1 9:35 Aqua Zumba Alma
2	3 9:35 Water Aerobics Kelly	4 9:35 Water Yoga Michele H  7:05 Aqua Zumba Rolanda	5 9:35 Water Aerobics Sabrina	6 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	7 9:35 Water Aerobics Joan	8 9:35 Water Aerobics Sabrina
9	10 9:35 Water Aerobics Kelly	11 9:35 Water Yoga Michele H  7:05 Aqua Zumba Rolanda	12 9:35 Water Aerobics Sabrina	13 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	14 9:35 Water Aerobics Joan	15 9:35 Aqua Zumba Alma
16	17 9:35 Water Aerobics Kelly	18 9:35 Water Yoga Michele H  7:05 Aqua Zumba Rolanda	19 9:35 Water Aerobics Sabrina	20 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	21 9:35 Water Aerobics Joan	22 9:35 Water Aerobics Sabrina/Bethanne
23	24 9:35 Water Aerobics Kelly	25 9:35 Water Yoga Michele H  7:05 Aqua Zumba Rolanda	26 9:35 Water Aerobics Sabrina	27 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	28 9:35 Water Aerobics Joan	