

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		The Studio - February 2025				1 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>
2 3:30 BodyPump Sarah/Adrienne	3 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 5:30 BodyPump Launch Heidi/Paige 6:35 Les Mills Core Launch Heidi/Kim 7:10 BodyBalance Launch Adrienne/Heidi	4 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 7:40 Stretch & Mobility Dominic	5 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	6 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	7 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	8 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
9 3:30 BodyPump Sarah	10 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	11 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 7:40 Stretch & Mobility Dominic	12 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	13 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	14 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	15 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H
16 3:30 BodyPump Adrienne	17 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	18 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 7:40 Stretch & Mobility Dominic	19 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	20 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	21 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 WERQ Your Red Dance Social 6:00-8:00 **American Heart Association Charitable Donation	22 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
23 10:30 Power Yoga Brooke 3:30 BodyPump Sarah	24 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	25 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 7:40 Stretch & Mobility Dominic	26 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	27 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	28 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30 Slow Flow Yoga Christine 9:30 Hot Detox Shwetha 10:40 NO CLASS
<p>2 10:30 Power Yoga Brooke</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>3 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Michele H</p>	<p>4 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha</p>	<p>5 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha</p>	<p>6 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne</p>	<p>7 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna</p>	<p>8 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill</p>
<p>9 10:30 Power Yoga QiQi</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>10 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Michele H</p>	<p>11 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha</p>	<p>12 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha</p>	<p>13 8:30 Gentle Yoga Corrin 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne</p>	<p>14 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna</p>	<p>15 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill</p>
<p>16 10:30 Power Yoga Brooke</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>17 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Jill</p>	<p>18 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha</p>	<p>19 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha</p>	<p>20 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne</p>	<p>21 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia</p> <p style="text-align: center;">**Restorative Yoga 4-5:30</p> <p style="text-align: center;">**Yoga Teacher Training</p>	<p>22 8:30 Slow Flow Yoga Christine 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill</p> <p style="text-align: center;">**Yoga Teacher Training</p>
<p>23</p> <p style="text-align: center;">**Yoga Teacher Training</p> <p>4:30 Rest & Restore Yoga Sara</p>	<p>24 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly</p> <p>5:30 Yogalates Jill 6:35 Gentle Yoga Michele H</p>	<p>25 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura</p> <p>5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha</p>	<p>26 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin</p> <p>5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha</p>	<p>27 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara</p> <p>5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne</p>	<p>28 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna</p>	

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