

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: center; color: red; font-weight: bold;">Please bring a mat to all classes</p>	<p>1</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi</p> <p>5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic</p>	<p>2</p> <p>7:45 NO CLASS</p> <p>8:30 Les Mills Pilates Jill 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi</p> <p>5:30 BodyPump Paige 6:35 Zumba Erin</p>	<p>3</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill</p> <p>5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi</p>	<p>4</p> <p>7:30 BodyPump Xpress Adrienne 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi</p>	<p>5</p> <p>8:00 GRIT Amelia 8:30 LM TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz</p>
<p>6</p> <p>10:30 Power Yoga Brooke 11:30 Slow Flow Brooke</p> <p>3:30 BodyPump Sarah</p>		<p>7</p> <p>5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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</p> <p>5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne</p>	<p>8</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi</p> <p>5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic</p>	<p>9</p> <p>7:45 Les Mills Core Kim 8:30 Les Mills Pilates Jill 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi</p> <p>5:30 BodyPump Paige 6:35 WERQ Michele</p>	<p>10</p> <p>5:30 N10c Annie 8:30 Strength Kaitlin 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill</p> <p>5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi</p>	<p>11</p> <p>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</p>
<p>13</p> <p>3:30 BodyPump Sarah</p>	<p>14</p> <p>5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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 Kelly</p> <p>5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne</p>	<p>15</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi</p> <p>5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic</p>	<p>16</p> <p>7:45 Les Mills Core Kim 8:30 Les Mills Pilates Maura 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi</p> <p>5:30 BodyPump Paige 6:35 WERQ Lizz</p>	<p>17</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Kaitlin</p> <p>5:30 Les Mills Pilates Kaitlin 6:00 N10c Josh 6:35 Les Mills Core Heidi</p>	<p>18</p> <p>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</p> <p style="text-align: center;">** Partner Yoga 6:00-7:30</p>	<p>19</p> <p>8:00 GRIT Amelia 8:30 LM TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele H</p>
<p>20</p> <p>No Classes Happy Easter!</p> 	<p>21</p> <p>5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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</p> <p>5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne</p>	<p>22</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi</p> <p>5:30 Total Body Conditioning Theresa 6:30 BodyCombat Paige 7:40 Stretch & Mobility Dominic</p>	<p>23</p> <p>7:45 Les Mills Core Kim 8:30 Les Mills Pilates Maura 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi</p> <p>5:30 BodyPump Paige 6:35 Zumba Erin</p>	<p>24</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill</p> <p>5:30 Les Mills Pilates Kaitlin 6:00 N10c Josh 6:35 Les Mills Core Heidi</p>	<p>25</p> <p>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</p>	<p>26</p> <p>8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H</p>
<p>27</p> <p>10:30 Power Yoga Brooke 11:30 Slow Flow Brooke</p> <p>3:30 BodyPump Sarah</p>	<p>28</p> <p>5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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</p> <p>5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne</p>	<p>29</p> <p>5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi</p> <p>5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic</p>	<p>30</p> <p>7:45 Les Mills Core Kim 8:30 Mat Pilates Amy 9:35 Bodycombat Deanna 11:05 PT: Strength and Stretch Kaitlin 12:00 BodyPump/Core Heidi</p> <p>5:30 BodyPump Paige 6:35 Zumba Erin</p>	<p style="font-size: 24px; font-weight: bold; margin: 0;">The Studio - April 2025</p>		

The Haven – April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Christine 5:30 Slow Flow Jenny 6:35 Yin Yoga Shwetha	3 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	4 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna ** Restorative Yoga 4:00-5:30	5 8:30 Slow Flow Yoga Kelly 9:30 Hot Detox QiQi 10:40 Restorative Yogalates Jill ** Yoga Teacher Training
6 ** Yoga Teacher Training 4:30 Rest & Restore Yoga Sara	7 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	8 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga QiQi	9 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Christine 5:30 Slow Flow Michele H 6:35 Yin Yoga Shwetha	10 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	11 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	12 8:30 Slow Flow Yoga Abby 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
13 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	14 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	15 8:30 Gentle Yoga Christine 9:35 Multilevel Yoga Kelly 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	16 8:30 Yin Yoga Jill 9:35 Mat Pilates Jill 10:40 Slow Flow & Stretch Maura 12:00 Multilevel Yoga Christine 5:30 Slow Flow Jenny 6:35 Yin Yoga Shwetha	17 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Abby 10:40 75 Min Yin Yoga Jill 12:00 Condition & Stretch Sara 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	18 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	19 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
20 No Classes Happy Easter! 	21 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	22 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	23 8:30 Yin Yoga Jill 9:35 Mat Pilates Jill 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	24 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	25 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	26 8:30 Slow Flow Yoga Michele H 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill ** Yoga Teacher Training
27 ** Yoga Teacher Training 4:30 Rest & Restore Yoga Sara	28 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Vinyasa Flow Yoga Jenny 6:35 Gentle Yoga Jenny	29 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	30 8:30 Yin Yoga Maura 9:35 Mat Pilates Maura 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	Please bring a mat to all classes		

The Loft - April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30 Spintense Emily	2 7:15 VIRTUAL Sprint 9:35 Sprint Amelia	3 9:35 Spintense Emily 6:00 Sprint Paige	4 8:30 RPM Betsey	5 9:00 Sprint Paige
6	7 9:35 Sprint Emily 6:00 Sprint Kristin	8 6:30 Spintense Emily	9 7:15 Sprint Kim 9:35 Sprint Amelia	10 9:35 Spintense Emily 6:00 Sprint Kim	11 8:30 RPM Betsey	12 9:00 Sprint Amelia
13	14 9:35 Sprint Emily 6:00 Sprint Kristin	15 6:30 Spintense Emily	16 7:15 Sprint Kim 9:35 Sprint Amelia	17 9:35 Spintense Emily 6:00 Sprint Kim	18 8:30 RPM Betsey	19 9:00 Sprint Paige
20 No Classes Happy Easter! 	21 9:35 Sprint Emily 6:00 Sprint Kristin	22 6:30 Spintense Emily	23 7:15 Sprint Kim 9:35 Sprint Amelia	24 9:35 Spintense Emily 6:00 Sprint Kim	25 8:30 RPM Betsey	26 9:00 Sprint Kim
27	28 9:35 Sprint Emily 6:00 Sprint Kristin	29 6:30 Spintense Emily	30 7:15 Sprint Kim 9:35 VIRTUAL Sprint			

The Tides - April 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 Water Yoga Christine 7:05 Aqua Zumba Rolanda	2 9:35 Water Aerobics Sabrina	3 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	4 9:35 Water Aerobics Joan	5 9:35 Water Aerobics Bethanne
6	7 9:35 Water Aerobics Kelly 12:00 Aqua Tread and Shed John (Outdoor Pool)	8 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	9 9:35 Water Aerobics Sabrina	10 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	11 9:35 Water Aerobics Joan	12 9:35 Water Aerobics Sabrina
13	14 9:35 Water Aerobics Kelly 12:00 Aqua Tread and Shed John (Outdoor Pool)	15 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	16 9:35 Water Aerobics Sabrina	17 9:35 Water Tai Chi Paty 7:05 Water Aerobics Bethanne	18 9:35 Water Aerobics Joan	19 9:35 Aqua Zumba Alma
20 No Classes Happy Easter! 	21 9:35 Water Aerobics Kelly 12:00 Aqua Tread and Shed John (Outdoor Pool)	22 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	23 9:35 Water Aerobics Sabrina	24 9:35 Water Tai Chi Paty 7:05 Water Aerobics Bethanne	25 9:35 Water Aerobics Joan	26 9:35 Water Aerobics Bethanne
27	28 9:35 Water Aerobics Kelly 12:00 Aqua Tread and Shed John (Outdoor Pool)	29 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	30 9:35 Water Aerobics Amy			