

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Studio - May 2025			Please bring a mat to all classes	1 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 LM Pilates Kaitlin 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 LM Core Heidi 7:15 Stretch & Mobility Lauren	2 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	3 OPEN HOUSE: 8:00 GRIT Amelia 8:35 BodyCombat Deanna 9:10 LM Tone Deanna 9:45 BodyPump/Core Heidi 11:00 BodyBalance Heidi 12:00 WERQ Michele H
4 3:30 BodyPump Adrienne	5 5:30 BodyPump Xpress Paige 7:30 BodyCombat 45 Caroline 8:30 Step Mica 9:30 N10c Kaitlin 9:35 LM TONE Amelia 10:30 Stretch & Mobility Amelia 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core Heidi 7:10 BodyBalance Adrienne	6 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	7 7:40 LM Core Kim 8:30 LM 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	8 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 LM Pilates Kaitlin 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 LM Core Heidi 7:15 Stretch & Mobility Lauren	9 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	10 8:00 GRIT Amelia 8:30 LM TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
11 3:30 BodyPump Sarah	12 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Step Mica 9:30 N10c Kaitlin 9:35 LM TONE Deanna 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core Heidi 7:10 BodyBalance Heidi	13 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 WERQ Lizz 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic	14 7:40 LM Core Kim 8:30 LM Pilates Jill 9:35 HIIT Amelia 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	15 5:30 N10c Annie 8:30 Strength Gaby 9:35 BodyPump Heidi 10:45 LM Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 LM Core Kim 7:15 Stretch & Mobility Lauren	16 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi	17 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Michele H
18 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 3:30 BodyPump Sarah	19 5:30 BodyPump Xpress Paige 7:30 BodyCombat 45 Caroline 8:30 Step Mica 9:30 N10c Kaitlin 9:35 LM TONE Amelia 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core Heidi 7:10 BodyBalance Adrienne	20 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	21 7:40 LM Core Kim 8:30 LM 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	22 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 LM Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 LM Core Heidi 7:15 Stretch & Mobility Lauren	23 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	24 8:00 GRIT Amelia 8:30 LM TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
25 3:30 BodyPump Sarah	MEMORIAL DAY	27 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic	28 7:40 LM Core Kim 8:30 LM 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	29 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 LM Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 LM Core Kim 7:15 Stretch & Mobility Lauren	30 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	31 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Michele H

The Haven – May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please bring a mat to all classes			1 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	2 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	3 OPEN HOUSE 8:30 Slow Flow QiQi 9:35 Hot Detox Shwetha 10:40 LM Pilates Kaitlin
4 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	5 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	6 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Jill 5:30 Gentle Yoga Michele 6:35 Hot Detox Yoga Shwetha	7 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Christine 6:35 Yin Yoga Michele H	8 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Christine 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara 5:30 Slow Flow Heidi 6:35 BodyBalance Adrienne	9 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia **Restorative Yoga 4:00-5:30	10 8:30 Slow Flow Emily 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill
11 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	12 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	13 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	14 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	15 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 Heidi	16 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Jill 10:40 Stretch & Mobility Deanna	17 8:30 Slow Flow Michele H 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training
18 **Yoga Teacher Training 4:30 Rest & Restore Yoga Sara	19 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	20 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	21 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Maura 6:35 Yin Yoga Shwetha	22 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	23 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	24 8:30 Slow Flow Abby 9:30 BodyBalance Adrienne 10:40 Restorative Yogalates Jill
25 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke NO 4:30 CLASS	26 8:30 Cardio Yoga Taylor 9:35 LM Pilates Kaitlin 10:40 Gentle Yoga Jill MEMORIAL DAY	27 8:30 Gentle Yoga Jill 9:35 Multilevel Yoga Abby 10:40 BarreBody Jill 5:30 Gentle Yoga QiQi 6:35 BodyBalance Adrienne	28 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Abby 12:00 Multilevel Yoga Abby 5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	29 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Christine 10:40 75 Min Yin Yoga Deanna NO 12:00 CLASS 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	30 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	31 8:30 Slow Flow Michele H 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill

The Loft - May 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 Sprint Amelia 6:00 Sprint Kim	2 8:30 RPM Betsey	3 OPEN HOUSE 9:00 Sprint Kim
4	5 9:35 Sprint Deanna 6:00 Sprint Kristin	6 5:30 Spintense Paige	7 7:00 Sprint Kim	8 9:35 Sprint Amelia 6:00 Sprint Kim	9 8:30 RPM Betsey	10 9:00 Sprint Kim
11	12 9:35 Sprint Amelia 6:00 Sprint Kristin	13 5:30 Spintense Paige	14 7:00 Sprint Kim	15 9:35 Sprint Amelia 6:00 Sprint Kim	16 8:30 RPM Betsey	17 9:00 Sprint Amelia
18	19 9:35 Sprint Deanna 6:00 Sprint Kristin	20 5:30 Spintense Paige	21 7:00 Sprint Kim	22 9:35 Sprint Amelia 6:00 Sprint Kim	23 8:30 RPM Betsey	24 9:00 Sprint Paige
25	26 9:35 Sprint Paige MEMORIAL DAY	27 5:30 Spintense Paige	28 7:00 Sprint Kim	29 9:35 Sprint Amelia 6:00 Sprint Kim	30 8:30 RPM Betsey	31 9:00 Sprint Amelia

The Tides - May 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 Water Aerobics Amy	2 9:35 Water Aerobics Joan	3 OPEN HOUSE 9:35 Aqua Mix Kelly/Alma/Sabrina
4	5 9:35 Water Aerobics Michelle M	6 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	7 9:35 Water Aerobics Kelly	8 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	9 9:35 Water Aerobics Joan	10 9:35 Water Aerobics Sabrina
11	12 9:35 Water Aerobics Kelly	13 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	14 9:35 Water Aerobics Sabrina	15 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	16 9:35 Water Aerobics Michelle M	17 9:35 Water Aerobics Bethanne
18	19 9:35 Water Aerobics Kelly	20 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	21 9:35 Water Aerobics Sabrina	22 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	23 9:35 Water Aerobics Joan	24 9:35 Water Aerobics (Outdoor Pool) Bethanne Outdoor Pool Opens! Weather Permitting
25	26 9:35 Water Aerobics (Outdoor Pool) Kelly MEMORIAL DAY	27 9:35 Water Yoga (Outdoor Pool) Kelly 7:05 Aqua Zumba (Outdoor Pool) Rolanda	28 9:35 Water Aerobics (Outdoor Pool) Sabrina	29 9:35 Water Tai Chi (Outdoor Pool) Paty 7:05 Water Aerobics (Outdoor Pool) Amy	30 9:35 Water Aerobics (Outdoor Pool) Joan	31 9:35 Aqua Zumba (Outdoor Pool) Alma