

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Studio July 2025		1 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	2 7:40 Les Mills Core Kim 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	3 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 7:15 Stretch & Mobility Lauren	4 NO CLASSES HAPPY 4TH OF JULY! 	5 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H
6 3:30 BodyPump Adrienne	7 5:30 BodyPump Stacey 7:30 Virtual BodyCombat 8:30 HIIT Xpress & Stretch Deanna 9:30 N10c Deanna 9:35 Les Mills TONE Amelia 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	8 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	9 7:40 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 5:30 BodyPump Paige 6:35 Zumba Erin	10 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 Kim 7:15 Stretch & Mobility Lauren	11 7:30 BodyPump Xpress Stephanie 8:30 HIIT Xpress & Stretch Amelia 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Chair Stretch & Flex Yoga Corrin 12:00 Power Yoga Heidi	12 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
13 10:30 Power Yoga QiQi 11:30 Slow Flow QiQi 3:30 BodyPump Sarah	14 5:30 BodyPump Paige 7:30 Virtual BodyCombat 8:30 HIIT Xpress & Stretch Kaitlin 9:30 N10c Kaitlin 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 Heidi	15 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	16 7:40 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 5:30 BodyPump Paige 6:35 Zumba Erin	17 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 Kim 7:15 Stretch & Mobility Lauren	18 7:30 BodyPump Xpress Paige 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Strength and Stretch Kaitlin 12:00 Power Yoga Heidi	19 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele H
20 3:30 BodyPump Sarah	21 5:30 BodyPump Stacey 7:30 Virtual BodyCombat 8:30 HIIT Xpress & Stretch Deanna 9:30 N10c Deanna 9:35 Les Mills TONE Amelia 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	22 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	23 7:40 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 5:30 BodyPump Paige 6:35 Zumba Erin	24 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 7:15 Stretch & Mobility Lauren	25 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi	26 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
27 3:30 BodyPump Sarah	28 5:30 BodyPump Stacey 7:30 Virtual BodyCombat 8:30 Step Mica 9:30 N10c Kaitlin 9:35 Les Mills TONE Amelia 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	29 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 Theresa	30 7:40 Les Mills Core Kim 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 Adrienne 6:35 WERQ Lizz	31 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 7:15 Stretch & Mobility Lauren	Please bring a mat to all classes	

The Haven – July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Gentle Yoga Christine 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 Maura 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	3 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Christine 10:40 75 Min Yin Yoga Deanna 12:00 Condition & Stretch Sara 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	4 NO CLASSES HAPPY 4TH OF JULY! 	5 8:30 Slow Flow Michele H 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
6 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	7 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Jill	8 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Abby 6:35 Hot Detox Yoga Abby	9 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	10 8:30 Gentle Yoga Corrin 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara 5:30 Slow Flow Heidi 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 Lauren **Restorative Yoga Workshop 4:00-5:30 **Yoga Teacher Training 6:00-8:00	12 8:30 Slow Flow Emily 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training
13 **Yoga Teacher Training 4:30 Rest & Restore Yoga Sara	14 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 NO CLASS 5:30 Yogalates Jill 6:35 Gentle Yoga Michele H	15 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 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 Amy 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	17 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 NO CLASS 5:30 Cardio Yoga Taylor 6:35 BodyBalance Heidi	18 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren	19 8:30 Slow Flow QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
20 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	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 Amy 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 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 Kaitlin	26 8:30 Slow Flow Emily 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill
27 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	28 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	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 Amy 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	31 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	Please bring a mat to all classes	

The Loft - July 2025

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

The Tides - July 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 Kelly 7:05 Aqua Zumba Alma	2 9:35 Water Aerobics Sabrina	3 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	4 NO CLASSES HAPPY 4TH OF JULY! 	5 9:35 Aqua Zumba Alma
6	7 9:35 Water Aerobics Kelly	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 6:15 Sunrise Aqua Thai Chi Paty 9:35 Water Aerobics Sabrina/Cher	12 9:35 Aqua Mix Sabrina/Brooke
13	14 9:35 Water Aerobics Amy	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 Amy	18 9:35 Water Aerobics Sabrina/Cindy	19 9:35 Water Aerobics Bethanne/Cindy
20	21 9:35 Water Aerobics Kelly	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 Amy	25 6:15 Sunrise Aqua Thai Chi Paty 9:35 Water Aerobics Kelly/Cher	26 9:35 Water Aerobics Bethanne/Brooke
27	28 9:35 Water Aerobics Kelly	29 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	30 9:35 Water Aerobics Sabrina	31 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy		