

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The Studio - August 2025			Please bring a mat to all classes	1 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Adrienne 11:05 PT: Alignment Check Mica 12:00 Power Yoga Daniela	2 8:00 NO CLASS 8:30 BodyCombat Sarah 9:35 BodyPump Sarah 10:40 WERQ Lizz
3 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 3:30 BodyPump Adrienne	4 5:30 BodyPump Paige 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 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	5 5:30 N10c Annie 8:30 Strength Kaitlin 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	6 7:40 Virtual Les Mills Core 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 WERQ Lizz		7 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 NO N10c CLASS 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Lauren	8 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi
10 3:30 BodyPump Sarah	11 5:30 BodyPump Stacey 7:30 Virtual BodyCombat 45 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	12 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	13 7:40 Virtual Les Mills Core 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	14 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Les Mills Pilates Kaitlin 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Lauren	15 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Kaitlin 12:00 Power Yoga Heidi	16 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Lizz
17 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 3:30 BodyPump Sarah	18 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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	19 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 6:30 BodyCombat Paige	20 7:40 Virtual Les Mills Core 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	21 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	22 7:30 BodyPump Xpress Stephanie 8:30 HIIT Xpress & Stretch Deanna 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Kaitlin 12:00 Power Yoga Heidi	23 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
24 3:30 BodyPump Sarah	25 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 HIIT Xpress & Stretch Deanna 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	26 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	27 7:40 Virtual Les Mills Core 8:30 Les Mills Pilates Maura 9:35 Bodycombat Deanna 11:05 PT: Muscle Memory Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	28 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	29 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	30 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Michele H
31 3:30 BodyPump Sarah				28 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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Haven – August 2025				Please bring a mat to all classes	1 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Christine 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren **Restorative Yoga 4:00-5:30 No Virtual	2 8:30 Slow Flow Emily 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training – No Virtual
3 **Yoga Teacher Training – No Virtual 4:30 NO REST & RESTORE CLASS	4 8:30 Slow Flow Deanna 9:35 Core Yoga Heidi 10:40 Warm Detox Yoga Heidi 12:00 NO HOLY YOGA CLASS 5:30 Yogalates Jill 6:35 Gentle Yoga Abby	5 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Jill 5:30 Gentle Yoga Shwetha 6:35 Warm Detox Yoga Shwetha	6 8:30 Yin Yoga Deanna 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 Daniela	7 8:30 Gentle Yoga Corrin 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 NO CONDITION & STRETCH CLASS 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	8 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	9 8:30 Slow Flow Nicole 9:30 Warm Detox Heidi 10:40 Restorative Yogalates Jill
10 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	11 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Amy D.	12 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	13 8:30 Yin Yoga Deanna 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	14 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	15 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren	16 8:30 Slow Flow QiQi 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training – No Virtual
17 **Yoga Teacher Training – No Virtual 4:30 Rest & Restore Yoga Sara	18 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Abby	19 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	20 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	21 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	22 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	23 8:30 Slow Flow Colleen 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill
24 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	25 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele H	26 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Christine	27 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 Shwetha 6:35 Yin Yoga Shwetha	28 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	29 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	30 8:30 Slow Flow Michele 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill
31 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara						

The Loft - August 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 RPM Betsey	2 9:30 SPRINT Masterclass 10:05 RPM Masterclass *Teacher Training – No Virtual*
3 *Teacher Training – No Virtual*	4 9:35 Sprint Paige 6:00 Sprint Kristin	5 5:30 Spintense Paige	6 7:00 Virtual RPM	7 9:35 Sprint Amelia 6:00 Sprint Kristin	8 8:30 RPM Betsey	9 9:00 Sprint Paige
10	11 9:35 Sprint Deanna 6:00 Sprint Kristin	12 5:30 Spintense Paige	13 7:00 Virtual RPM	14 9:35 Sprint Amelia 6:00 Sprint Kristin	15 8:30 RPM Betsey	16 9:00 Sprint Amelia
17	18 9:35 Sprint Deanna 6:00 Sprint Kristin	19 5:30 Spintense Paige	20 7:00 Virtual RPM	21 9:35 Sprint Amelia 6:00 Sprint Kristin	22 8:30 RPM Betsey	23 9:00 Sprint Paige
24	25 9:35 Sprint Amelia 6:00 Sprint Kristin	26 5:30 Spintense Paige	27 7:00 Virtual RPM	28 9:35 Sprint Amelia 6:00 Sprint Paige	29 8:30 RPM Betsey	30 9:00 Sprint Amelia
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The Tides - August 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 Aerobics Sabrina/Cindy	2 9:35 Water Aerobics Sabrina/Cher
3	4 9:35 Water Aerobics Amy	5 9:35 Water Tai Chi Paty 7:05 Aqua Zumba Rolanda	6 9:35 Water Aerobics Sabrina	7 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	8 6:15 Sunrise Aqua Tai Chi Paty 9:35 Water Aerobics Cindy/Cher	9 9:35 Water Aerobics Kelly
10	11 9:35 Water Aerobics Kelly	12 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	13 9:35 Water Aerobics Sabrina	14 9:35 Water Tai Chi Paty 7:05 Water Aerobics Laura	15 9:35 Water Aerobics Cindy/Cher	16 9:35 Aqua Zumba Alma
17	18 9:35 Water Aerobics Kelly	19 9:35 Water Yoga Christine 7:05 Aqua Zumba Rolanda	20 9:35 Water Aerobics Sabrina	21 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	22 6:15 Sunrise Aqua Tai Chi Paty 9:35 Water Aerobics Cindy/Cher	23 9:35 Water Aerobics Cindy/Cher
24	25 9:35 Water Aerobics Kelly	26 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	27 9:35 Water Aerobics Kelly	28 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	29 9:35 Water Aerobics Cindy/Cher	30 9:35 Water Aerobics Cindy/Cher
31						