

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 8:30 GRIT Paige 9:00 BodyCombat Paige 9:30 N10c Kaitlin 10:05 BodyPump Paige No Evening Classes, Small Group Training or Senior Evolve Happy Labor Day!	2 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	3 8:30 Les Mills Pilates Jill 9:35 HIIT Deanna 11:05 PT: Muscle Memory Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	4 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	5 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	6 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele H
7 3:30 BodyPump Sarah	8 5:30 BodyPump Xpress Paige 7:30 BodyCombat 45 Caroline 8:30 Interval Training Deanna 9:30 N10c Josh 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	9 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	10 8:30 Les Mills Pilates Maura 9:35 Bodycombat Deanna 11:05 PT: Muscle Memory Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Sarah 6:35 Zumba Erin	11 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 CLASS 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Lauren	12 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 **charityWERQ for BBBS of the Triangle 6:00-8:00 No Virtual	13 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 Les Mills Pilates Kaitlin
14 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 3:30 BodyPump Adrienne	15 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Interval Training Kaitlin 9:30 N10c Josh 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	16 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	17 8:30 Les Mills Pilates Maura 9:35 HIIT Deanna 11:05 PT: Muscle Memory Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Alma	18 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	19 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	20 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 Les Mills Pilates Maura
21 3:30 BodyPump Sarah	22 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Interval Training 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	23 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	24 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	25 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	26 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	27 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele H
28 3:30 BodyPump Sarah	29 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Interval Training Kaitlin 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	30 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	The Studio - September 2025 PLEASE BRING A MAT TO ALL CLASSES			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Hatha Flow Yoga Colleen 9:35 Warm Detox Yoga Shwetha 10:40 Les Mills Pilates Kaitlin No Evening Classes Happy Labor Day!	2 8:30 Gentle Yoga Colleen 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	3 8:30 Yin Yoga Maura 9:35 Les Mills Pilates Maura 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	4 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	5 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	6 8:30 Slow Flow Colleen 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill
7 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	8 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 Sara	9 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	10 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	11 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	12 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 **Yoga Teacher Training No Virtual	13 8:30 Slow Flow Colleen 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training – No Virtual
14 **Yoga Teacher Training – No Virtual 4:30 Rest & Restore Yoga Sara	15 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	16 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	17 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	18 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 Adrienne	19 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Jill 10:40 Stretch & Mobility Deanna	20 8:30 Slow Flow Colleen 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill
21 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke **Self Stretch and Massage Yoga Workshop 2:00-4:00 No Virtual 4:30 Rest & Restore Yoga Sara	22 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	23 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Maura 5:30 Gentle Yoga Colleen 6:35 Warm Detox Yoga Shwetha	24 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 Michele H	25 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	26 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren	27 8:30 Slow Flow Shwetha 9:30 Warm Detox Shwetha 10:40 Restorative Yogalates Jill
28 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 NO CLASS	29 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Colleen	30 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	The Haven – September 2025			PLEASE BRING A MAT TO ALL CLASSES

The Loft - September 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 Kristin No Evening Classes Happy Labor Day!	2 5:30 Spintense Paige	3 5:30 RPM Caroline	4 9:35 Sprint Amelia 6:00 Sprint Kristin/Kara	5 8:30 RPM Betsey	6 9:00 Sprint Paige
7	8 9:35 Sprint Deanna 6:00 Sprint Kristin	9 5:30 Spintense Paige	10 5:30 RPM Caroline	11 9:35 Sprint Amelia 6:00 Sprint Kara	12 8:30 RPM Caroline	13 9:00 Sprint Amelia
14	15 9:35 Sprint Deanna 6:00 Sprint Kristin	16 5:30 Spintense Paige	17 5:30 RPM Caroline	18 9:35 Sprint Amelia 6:00 Sprint Kara	19 8:30 RPM Betsey	20 9:00 Sprint Kristin
21	22 9:35 Sprint Michelle 6:00 Sprint Kristin	23 5:30 Spintense Paige	24 5:30 RPM Caroline	25 9:35 Sprint Deanna 6:00 Sprint Kara	26 8:30 RPM Betsey	27 9:00 Sprint Paige
28	29 9:35 Sprint Michelle 6:00 Sprint Kristin	30 5:30 Spintense Paige				

The Tides - September 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 Cindy	2 9:35 Water Yoga Michele H 7:05 Aqua Zumba Alma	3 9:35 Water Aerobics Cher	4 9:35 Water Tai Chi Paty 7:05 Water Aerobics Bethanne	5 9:35 Water Aerobics Cindy	6 9:35 Water Aerobics Cher
7	8 9:35 Water Aerobics Kelly	9 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	10 9:35 Water Aerobics Cindy	11 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	12 9:35 Water Aerobics Cher	13 9:35 Aqua Zumba Alma
14	15 9:35 Water Aerobics Kelly	16 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	17 9:35 Water Aerobics Cher	18 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	19 9:35 Water Aerobics Cindy	20 9:35 Water Aerobics Bethanne
21	22 9:35 Water Aerobics Kelly	23 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	24 9:35 Water Aerobics Cindy	25 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	26 9:35 Water Aerobics Cher	27 9:35 Water Aerobics Cindy
28	29 9:35 Water Aerobics Kelly	30 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda				