

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

# The Haven – October 2025

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

# The Loft - October 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> 5:30 RPM Caroline	<b>2</b> 9:35 Sprint Amelia  6:00 Sprint Kara	<b>3</b> 8:30 RPM Betsey	<b>4</b> 9:00 Sprint Kara
<b>5</b>	<b>6</b> 9:35 Sprint Deanna  6:00 Sprint Kristin	<b>7</b>  5:30 Spintense Paige	<b>8</b> 5:30 RPM Caroline	<b>9</b> 9:35 Sprint Amelia  6:00 Sprint Kara	<b>10</b> 8:30 RPM Betsey	<b>11</b> 9:00 Sprint Kristin
<b>12</b>	<b>13</b> 9:35 Sprint Deanna  6:00 Sprint Deanna	<b>14</b>  5:30 Spintense Paige	<b>15</b> 5:30 RPM Caroline	<b>16</b> 9:35 Sprint Deanna  6:00 Sprint Kara	<b>17</b> 8:30 RPM Caroline	<b>18</b> 9:00 Sprint Kara
<b>19</b>	<b>20</b> 9:35 Sprint Michelle G  6:00 Sprint Kristin	<b>21</b>  5:30 Spintense Paige	<b>22</b> 5:30 RPM Caroline	<b>23</b> 9:35 Sprint Amelia  6:00 Sprint Kara	<b>24</b> 8:30 RPM Betsey	<b>25</b> 9:00 Sprint Kristin
<b>26</b>	<b>27</b> 9:35 Sprint Michelle G  6:00 Sprint Kristin	<b>28</b>  5:30 Spintense Paige	<b>29</b> 5:30 RPM Caroline	<b>30</b> 9:35 Sprint Deanna  6:00 Sprint Kara	<b>31</b> 8:30 RPM Betsey	

# The Tides - October 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> 9:35 Water Aerobics Cindy <b>10:35 Water Aerobics</b> <b>Cher</b>	<b>2</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>3</b> 9:35 Water Aerobics Cher	<b>4</b> 9:35 Aqua Mix Sabrina
<b>5</b>	<b>6</b> 9:35 Water Aerobics Amy <b>10:35 Water Aerobics</b> <b>Cindy</b>	<b>7</b> 9:35 Water Yoga Michele H  7:05 Aqua Zumba Rolanda	<b>8</b> 9:35 Water Aerobics Sabrina <b>10:35 Water Aerobics</b> <b>Cher</b>	<b>9</b> 9:35 Water Yoga Kelly  7:05 Water Aerobics Amy	<b>10</b> 9:35 Water Aerobics Cher	<b>11</b> 9:35 Water Aerobics Cindy
<b>12</b>	<b>13</b> 9:35 Water Aerobics Kelly <b>10:35 Water Aerobics</b> <b>Cindy</b>	<b>14</b> 9:35 Water Yoga Michele H  7:05 Aqua Mix Sabrina	<b>15</b> 9:35 Water Aerobics Cindy <b>10:35 Water Aerobics</b> <b>Cher</b>	<b>16</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>17</b> 9:35 Water Aerobics Cher	<b>18</b> 9:35 Aqua Zumba Alma
<b>19</b>	<b>20</b> 9:35 Water Aerobics Kelly <b>10:35 Water Aerobics</b> <b>Cindy</b>	<b>21</b> 9:35 Water Yoga Kelly  7:05 Aqua Zumba Rolanda	<b>22</b> 9:35 Water Aerobics Sabrina <b>10:35 Water Aerobics</b> <b>Cher</b>	<b>23</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>24</b> 9:35 Water Aerobics Cher	<b>25</b> 9:35 Water Aerobics Bethanne
<b>26</b>	<b>27</b> 9:35 Water Aerobics Kelly <b>10:35 Water Aerobics</b> <b>Cindy</b>	<b>28</b> 9:35 Water Yoga Michele H  7:05 Aqua Zumba Rolanda	<b>29</b> 9:35 Water Aerobics Cindy <b>10:35 Water Aerobics</b> <b>Cher</b>	<b>30</b> 9:35 Water Tai Chi Paty  7:05 Water Aerobics Amy	<b>31</b> 9:35 Water Aerobics Cher	<b>All classes            move to the            Indoor Pool            in October</b>