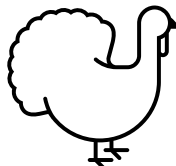
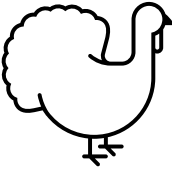
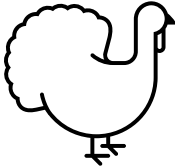


| Sunday                                                  | Monday                                                                                                                                                                                                                                          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

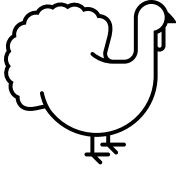
# The Haven – November 2025

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

# The Loft - November 2025

| Sunday    | Monday                                                               | Tuesday                                  | Wednesday                      | Thursday                                                                                                                     | Friday                                             | Saturday                            |
|-----------|----------------------------------------------------------------------|------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------|
|           |                                                                      |                                          |                                |                                                                                                                              |                                                    | <b>1</b><br>9:00 Sprint<br>Kristin  |
| <b>2</b>  | <b>3</b><br>9:35 Sprint<br>Deanna<br><br>6:00 Sprint<br>Kristin      | <b>4</b><br><br>5:30 Spintense<br>Paige  | <b>5</b><br>5:30 RPM Caroline  | <b>6</b><br>9:35 Sprint Deanna<br><br>6:00 Sprint<br>Kara                                                                    | <b>7</b><br>8:30 RPM Betsey                        | <b>8</b><br>9:00 Sprint<br>Paige    |
| <b>9</b>  | <b>10</b><br>9:35 Sprint<br>Michelle G<br><br>6:00 Sprint<br>Deanna  | <b>11</b><br><br>5:30 Spintense<br>Paige | <b>12</b><br>5:30 RPM Caroline | <b>13</b><br>9:35 Sprint<br>Amelia<br><br>6:00 Sprint<br>Kara                                                                | <b>14</b><br>8:30 RPM Betsey                       | <b>15</b><br>9:00 Sprint<br>Kristin |
| <b>16</b> | <b>17</b><br>9:35 Sprint<br>Michelle G<br><br>6:00 Sprint<br>Kristin | <b>18</b><br><br>5:30 Spintense<br>Paige | <b>19</b><br>5:30 RPM Caroline | <b>20</b><br>9:35 Sprint<br>Amelia<br><br>6:00 Sprint<br>Kara                                                                | <b>21</b><br>8:30 RPM Betsey                       | <b>22</b><br>9:00 Sprint<br>Paige   |
| <b>23</b> | <b>24</b><br>9:35 Sprint<br>Deanna                                   | <b>25</b>                                | <b>26</b><br>5:30 RPM Caroline | <b>27</b><br>Happy Thanksgiving!<br><br> | <b>28</b><br>9:00 Sprint Kara<br>9:40 RPM Caroline | <b>29</b><br>9:00 Sprint<br>Kristin |
| <b>30</b> | 6:00 Sprint<br>Kristin                                               | 5:30 Spintense<br>Paige                  |                                |                                                                                                                              |                                                    |                                     |

# The Tides - November 2025

| Sunday    | Monday                                                                     | Tuesday                                                                             | Wednesday                                                                   | Thursday                                                                                                                         | Friday                                   | Saturday                                    |
|-----------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------|
|           |                                                                            |                                                                                     |                                                                             |                                                                                                                                  |                                          | <b>1</b><br>9:35 Water Aerobics<br>Bethanne |
| <b>2</b>  | <b>3</b><br>9:35 Water Aerobics<br>Kelly<br>10:35 Water Aerobics<br>Cindy  | <b>4</b><br>9:35 Water Yoga<br>Michele H<br><br><br><br>7:05 Aqua Zumba<br>Rolanda  | <b>5</b><br>9:35 Water Aerobics<br>Cindy<br>10:35 Water Aerobics<br>Cher    | <b>6</b><br>9:35 Water Tai Chi<br>Paty<br><br><br><br>7:05 Water Aerobics<br>Amy                                                 | <b>7</b><br>9:35 Water Aerobics<br>Cher  | <b>8</b><br>9:35 Water Aerobics<br>Bethanne |
| <b>9</b>  | <b>10</b><br>9:35 Water Aerobics<br>Kelly<br>10:35 Water Aerobics<br>Cindy | <b>11</b><br>9:35 Water Yoga<br>Christine<br><br><br><br>7:05 Aqua Zumba<br>Rolanda | <b>12</b><br>9:35 Water Aerobics<br>Sabrina<br>10:35 Water Aerobics<br>Cher | <b>13</b><br>9:35 Water Tai Chi<br>Paty<br><br><br><br>7:05 Water Aerobics<br>Amy                                                | <b>14</b><br>9:35 Water Aerobics<br>Cher | <b>15</b><br>9:35 Aqua Zumba<br>Alma        |
| <b>16</b> | <b>17</b><br>9:35 Water Aerobics<br>Kelly<br>10:35 Water Aerobics<br>Cher  | <b>18</b><br>9:35 Water Yoga<br>Michele H<br><br><br><br>7:05 Aqua Zumba<br>Rolanda | <b>19</b><br>9:35 Water Aerobics<br>Sabrina<br>10:35 Water Aerobics<br>Cher | <b>20</b><br>9:35 Water Tai Chi<br>Paty<br><br><br><br>7:05 Water Aerobics<br>Amy                                                | <b>21</b><br>9:35 Water Aerobics<br>Cher | <b>22</b><br>9:35 Water Aerobics<br>Cindy   |
| <b>23</b> | <b>24</b><br>9:35 Water Aerobics<br>Kelly<br>10:35 Water Aerobics<br>Cindy | <b>25</b><br>9:35 Water Yoga<br>Michele H<br><br><br><br>7:05 Aqua Zumba<br>Rolanda | <b>26</b><br>9:35 Water Aerobics<br>Sabrina<br>10:35 Water Aerobics<br>Cher | <b>27</b><br><br>Happy Thanksgiving!<br><br> | <b>28</b><br>9:35 Water Aerobics<br>Cher | <b>29</b><br>9:35 Water Aerobics<br>Cindy   |
| <b>30</b> |                                                                            |                                                                                     |                                                                             |                                                                                                                                  |                                          |                                             |