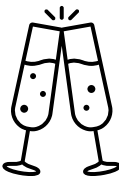
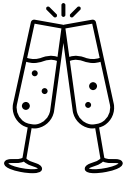
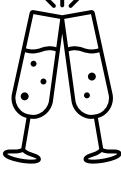


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please bring a mat to all classes	The Studio – January 2026			1 Happy New Year! 	2 7:30 BodyPump Xpress Stacey 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi	3 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 No Class
	4 3:30 BodyPump Sarah	5 5:30 BodyPump Stacey 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 Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	6 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Betsey 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	7 8:30 Les Mills Pilates Kaitlin 9:35 Bodycombat Caroline 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	8 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	9 7:30 BodyPump Xpress Stephanie 8:30 No Class 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Kaitlin 12:00 Power Yoga Heidi
11 3:30 BodyPump Sarah	12 5:30 BodyPump Stacey 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	13 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 Paige 6:35 BodyCombat Paige	14 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	15 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	16 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	17 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Sarah 10:40 WERQ Michele H
18 3:30 BodyPump Sarah	19 5:30 BodyPump Stacey 8:30 Interval Training Kaitlin 9:30 N10c Paige 9:35 HIIT 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	20 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	21 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	22 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	23 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Kaitlin 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Kaitlin 12:00 Power Yoga Heidi	24 8:00 GRIT Paige 8:30 HIIT Paige 9:35 BodyPump Paige 10:40 Cardio Dance Mica
25 3:30 BodyPump Sarah	26 5:30 BodyPump Stacey 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 Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	27 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 No Class 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	28 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	29 5:30 N10c Annie 8:30 Strength Kaitlin 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	30 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	31 8:00 GRIT Paige 8:30 BodyCombat Sarah 9:35 BodyPump Sarah 10:40 No Class

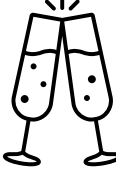
The Haven – January 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Please bring a mat to all classes				1 Happy New Year! 	2 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Kaitlin	3 8:30 Slow Flow Yoga QiQi 9:30 Warm Detox Yoga QiQi 10:40 Restorative Yogalates Jill
4 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	5 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 Colleen	6 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Alex	7 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Abby 5:30 Slow Flow Daniela 6:35 Yin Yoga Daniela	8 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	9 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren	10 8:30 Slow Flow Yoga Emily 9:30 Warm Detox Yoga Alex 10:40 Restorative Yogalates Jill
11 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	12 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	13 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	14 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 Deanna	15 8:30 Gentle Yoga Corrin 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	16 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna Restorative Yoga Workshop 4:00-5:30pm	17 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Heidi 10:40 Restorative Yogalates Jill
18 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	19 8:30 Slow Flow Yoga Christine 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	20 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Alex	21 8:30 Yin Yoga Deanna 9:35 Les Mills Pilates Kaitlin 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	22 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	23 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	24 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
25 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	26 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 Alex	27 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	28 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	29 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	30 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Kaitlin	31 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill

The Loft - January 2026

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

The Tides - January 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 Happy New Year! 	2 9:35 Water Aerobics Cindy **9:35 Chair Stretch and Flex Yoga Cher	3 9:35 Water Aerobics Cher
4	5 9:35 Water Aerobics Kelly **9:35 Senior Games Cher	6 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	7 9:35 Water Aerobics Sabrina **9:35 Muscle Memory Kaitlin	8 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	9 9:35 Water Aerobics Kelly **9:35 Chair Stretch and Flex Yoga Abby	10 9:35 Water Aerobics Cindy
11	12 9:35 Water Aerobics Kelly **9:35 Chair Interval Training Cindy	13 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	14 9:35 Water Aerobics Sabrina **9:35 Muscle Memory Kaitlin	15 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	16 9:35 Water Aerobics Kelly **9:35 Chair Stretch and Flex Yoga Cher	17 9:35 Water Aerobics Cindy
18	19 9:35 Water Aerobics Kelly **9:35 Chair Interval Training Cindy	20 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	21 9:35 Water Aerobics Sabrina **9:35 Senior Games Cher	22 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	23 9:35 Water Aerobics Cher **9:35 Chair Stretch and Flex Yoga Abby	24 9:35 Aqua Zumba Alma
25	26 9:35 Water Aerobics Kelly **9:35 Senior Games Cher	27 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	28 9:35 Water Aerobics Sabrina **9:35 Muscle Memory Kaitlin	29 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	30 9:35 Water Aerobics Cindy **9:35 Chair Stretch and Flex Yoga Cher	31 9:35 Water Aerobics Cher

**** Class will be held on the basketball court**