

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 3:30 BodyPump Sarah	2 5:30 BodyPump Stacey 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	3 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	4 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	5 5:30 N10c Annie 8:30 Strength Gaby 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	6 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 5:00 BodyPump/Core Paige	7 8:00 GRIT Paige 8:30 BodyCombat Sarah 9:35 BodyPump Sarah 10:40 WERQ Lizz	
8 3:30 BodyPump Sarah	9 5:30 BodyPump Stacey 8:30 Interval Training Kaitlin 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	10 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	11 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	12 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	13 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 5:00 NO CLASS WERQ Out Cancer Charity Event 5:30-7:30	14 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz	
15 3:30 BodyPump Sarah	16 5:30 BodyPump Stacey 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 Kelly 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	17 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	18 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	19 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	20 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 5:00 BodyPump/Core Paige	21 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz	
22 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 3:30 BodyPump Sarah	23 5:30 BodyPump Stacey 8:30 Interval Training Kaitlin 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	24 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	25 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	26 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	27 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 5:00 BodyPump/Core Paige	28 8:00 GRIT Paige 8:30 HIIT Taylor 9:35 BodyPump Taylor 10:40 WERQ Michele H	
29 3:30 BodyPump Sarah	30 5:30 BodyPump Paige 8:30 Interval Training Kaitlin 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	31 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 VIRTUAL Dance 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h2 style="margin: 0;">The Studio - March 2026</h2> </div>			<p style="font-size: 1.2em; font-weight: bold;">Please bring a mat to all classes</p>	

The Haven – March 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	2 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	3 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	4 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	5 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	6 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Jill 10:40 Stretch & Mobility Lauren	7 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
8 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	9 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	10 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	11 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	12 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	13 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	14 8:30 Slow Flow Yoga Emily 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
15 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 Rest & Restore Yoga Sara	16 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 Shwetha	17 8:30 Gentle Yoga Kelly 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	18 8:30 Yin Yoga Deanna 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Christine 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	19 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	20 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 4:00-5:30	21 8:30 Slow Flow Yoga Brooke 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill Yoga Teacher Training (No Virtual Classes) 8:30-4:30
22 Yoga Teacher Training (No Virtual Classes) 8:30-4:30 4:30 Rest & Restore Yoga Sara	23 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	24 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	25 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	26 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	27 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Kaitlin **Strength Series Workshop: Upgrade Your Lats 5:30-7:30	28 8:30 Slow Flow Yoga Emily 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
29 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke 4:30 NO CLASS	30 8:30 Slow Flow Yoga Maura 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 VIRTUAL Class 5:30 Yogalates Jill 6:35 Gentle Yoga Shwetha	31 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha				
					Please bring a mat & bolster cover to all classes	

The Loft - March 2026

<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 Deanna 6:00 Sprint Kristin	3	4	5	5:30 Spintense Caroline 8:30 RPM Betsey 6:00 Sprint Kara	9:00 Sprint Paige
8	9:35 Sprint Michelle G 6:00 Sprint Kristin	10	11	12	5:30 Spintense Caroline 8:30 RPM Betsey 6:00 Sprint Kara	9:00 Sprint Kara
15	9:35 Sprint Michelle G 6:00 Sprint Kristin	17	18	19	5:30 Spintense Caroline 8:30 RPM Betsey 6:00 Sprint Kara	9:00 Sprint Kara
22	9:35 Sprint Deanna 6:00 Sprint Kristin	24	25	26	5:30 Spintense Caroline 8:30 RPM Betsey 6:00 Sprint Kara	9:00 Sprint Paige
29	9:35 Sprint Deanna 6:00 Sprint Kristin	31				

The Tides - March 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 9:35 Water Aerobics Kelly 9:35 Sit & Fit Cindy (Basketball Court)	3 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	4 9:35 Water Aerobics Sabrina 9:35 Senior Thrive Demo Gaby (Basketball Court)	5 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	6 9:35 Water Aerobics Cher 9:35 Chair Stretch and Flex Yoga Abby (Basketball Court)	7 9:35 Water Aerobics Cher
8	9 9:35 Water Aerobics Kelly 9:35 Senior Games Cher (Basketball Court)	10 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	11 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin (Basketball Court)	12 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	13 9:35 Water Aerobics Cindy 9:35 Chair Stretch and Flex Yoga Cher (Basketball Court)	14 9:35 Water Aerobics Cher
15	16 9:35 Water Aerobics Kelly 9:35 Sit & Fit Cindy (Basketball Court)	17 9:35 Water Yoga Michele H 7:05 Aqua Zumba Bethanne	18 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin (Basketball Court)	19 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	20 9:35 Water Aerobics Cher 9:35 Chair Stretch and Flex Yoga Kelly (Basketball Court)	21 9:35 Aqua Zumba Alma
22	23 9:35 Water Aerobics Kelly 9:35 Senior Games Cher (Basketball Court)	24 9:35 Water Yoga Michele H 7:05 Aqua Zumba Michelle M	25 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin (Basketball Court)	26 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	27 9:35 Water Aerobics Cindy 9:35 Chair Stretch and Flex Yoga Cher (Basketball Court)	28 9:35 Water Aerobics Cher
29	30 9:35 Water Aerobics Cher 9:35 Sit & Fit Cindy (Basketball Court)	31 9:35 Water Yoga Christine 7:05 Aqua Zumba Rolanda				