



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The Studio - April 2026</b>			<b>1</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>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  5:00 BodyPump/Core Paige	<b>4</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 Les Mills Pilates Kaitlin
<b>5</b>  <b>Happy Easter!</b>  	<b>6</b> 5:30 BodyPump Paige 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 7:15 BodyBalance Adrienne	<b>7</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 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 Kaitlin 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Amelia  5:30 BodyPump Paige 6:35 WERQ Michele H	<b>9</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:45 Les Mills Pilates Jill  5:30 Les Mills Pilates Kaitlin 6:00 N10c Paige 6:35 Les Mills Core Gaby 7:15 Stretch & Mobility Lauren	<b>10</b> 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Adrienne 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Abby  5:00 BodyPump/Core Paige	<b>11</b> 8:00 GRIT Paige 8:30 BodyCombat Sarah 9:35 BodyPump Taylor 10:40 WERQ Lizz
<b>12</b> 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke  3:30 BodyPump Sarah	<b>13</b> 5:30 BodyPump Stacey 8:30 Interval Training Deanna 9:30 N10c Kaitlin 9:35 Les Mills TONE Amelia 10:30 Les Mill Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin  5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 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 Theresa 6:35 BodyCombat Paige	<b>15</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>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 Josh 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 Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi  5:00 BodyPump/Core Paige	<b>18</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H
<b>19</b>  3:30 BodyPump Sarah	<b>20</b> 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 7:15 BodyBalance Adrienne	<b>21</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 6:30 BodyCombat Paige	<b>22</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>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 Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi  5:00 BodyPump/Core Paige	<b>25</b> <b>8:30 LM Tone</b> Deanna & Brittany <b>9:00 Bodycombat</b> Deanna <b>9:35 BodyPump</b> Heidi, Deanna & Taylor 10:40 WERQ Fundraiser Michele H  <b>OPEN HOUSE</b> <b>8am-2pm</b>
<b>26</b>  3:30 BodyPump Sarah	<b>27</b> 5:30 BodyPump Stacey 8:30 Interval Training Deanna 9:30 N10c Kaitlin 9:35 Les Mills TONE Amelia 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin  5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne	<b>28</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 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 Kaitlin  5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:15 Stretch & Mobility Lauren	<b>Please bring a mat to all classes</b>	


# The Haven – April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 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	<b>2</b> 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 <b>NO CLASS</b>  5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	<b>3</b> 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Kaitlin	<b>4</b> 8:30 Slow Flow Emily 9:30 Warm Detox Yoga Heidi 10:40 Restorative Yogalates Jill
<b>5</b>  <b>Happy Easter!</b>  	<b>6</b> 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	<b>7</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 75 Min Yin Yoga Deanna  5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	<b>8</b> 8:30 Yin Yoga Deanna 9:35 <b>VIRTUAL Mat Pilates</b> 10:40 Slow Flow & Stretch Corrin 12:00 Yoga Stretch & Mobility Deanna  5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	<b>9</b> 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	<b>10</b> 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Christine 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Kaitlin  <b>**Restorative Yoga Workshop 4:00-5:30</b>	<b>11</b> 8:30 Slow Flow Michele H 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill  <b>Yoga Teacher Training 8:30-4:30 (No Virtual)</b>
<b>12</b>  <b>Yoga Teacher Training 8:30-4:30 (No Virtual)</b>  4:30 Rest & Restore Yoga Sara	<b>13</b> 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 Maura	<b>14</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Shwetha 6:35 Warm Detox Yoga Shwetha	<b>15</b> 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	<b>16</b> 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	<b>17</b> 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	<b>18</b> 8:30 Slow Flow Emily 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
<b>19</b> 10:30 <b>NO CLASS</b> 11:30 <b>NO CLASS</b> Virtual will be scheduled  4:30 Rest & Restore Yoga Sara	<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  5:30 Yogalates Jill 6:35 Gentle Yoga Michele H	<b>21</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 75 Min Yin Yoga Deanna  5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	<b>22</b> 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	<b>23</b> 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	<b>24</b> 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	<b>25</b> 8:30 Les Mills Vinyasa Heidi & Taylor 9:30 Warm Detox Yoga Shwetha 10:40 Les Mills Pilates Katilin & Jill  <b>OPEN HOUSE 8am-2pm</b>
<b>26</b> 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke  4:30 Rest & Restore Yoga Sara	<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  5:30 Yogalates Maura 6:35 Gentle Yoga Michele H	<b>28</b> 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	<b>29</b> 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	<b>30</b> 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	<b>Please bring a mat to all classes</b>	

# The Loft - April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 5:30 VIRTUAL RPM	<b>2</b> 9:35 Sprint Amelia  6:00 Sprint Kara	<b>3</b> 5:30 VIRTUAL Class  8:30 RPM Betsey	<b>4</b> 9:00 Sprint Kara
<b>5</b>  Happy Easter!  	<b>6</b> 9:35 Sprint Michelle G  6:00 Sprint Paige	<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> 5:30 Spintense Caroline  8:30 RPM Betsey	<b>11</b> 9:00 Sprint Paige
<b>12</b>	<b>13</b> 9:35 Sprint Deanna  6:00 Sprint Kristin	<b>14</b>  5:30 Spintense Paige	<b>15</b> 5:30 RPM Caroline	<b>16</b> 9:35 Sprint Amelia  6:00 Sprint Kara	<b>17</b> 5:30 Spintense Caroline  8:30 RPM Betsey	<b>18</b> 9:00 Sprint Michelle G
<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 Deanna  6:00 Sprint Kara	<b>24</b> 5:30 Spintense Caroline  8:30 RPM Betsey	<b>25</b> 9:00 Sprint Kara  <b>OPEN HOUSE</b> <b>8am-2pm</b>
<b>26</b>	<b>27</b> 9:35 Sprint Deanna  6:00 Sprint Kristin	<b>28</b>  5:30 Spintense Paige	<b>29</b> 5:30 RPM Caroline	<b>30</b> 9:35 Sprint Amelia  6:00 Sprint Kara		

# The Tides - April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin <b>(Basketball Court)</b>	<b>2</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>3</b> 9:35 Water Aerobics Cindy 9:35 Chair Stretch and Flex Yoga Cher <b>(Basketball Court)</b>	<b>4</b> 9:35 Water Aerobics Cher
<b>5</b>  <b>Happy Easter!</b>  	<b>6</b> 9:35 Water Aerobics Kelly 9:35 Sit & Fit Cindy <b>(Basketball Court)</b>	<b>7</b> 9:35 Water Yoga Michele H   7:05 Aqua Zumba Rolanda	<b>8</b> 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin <b>(Basketball Court)</b>	<b>9</b> 9:35 Water Tai Chi Paty   7:05 <b>No Class</b>	<b>10</b> 9:35 Water Aerobics Cher 9:35 Chair Stretch and Flex Yoga Abby <b>(Basketball Court)</b>	<b>11</b> 9:35 Water Aerobics Cindy
<b>12</b>	<b>13</b> 9:35 Water Aerobics Kelly 9:35 Sit & Fit Cher <b>(Basketball Court)</b>	<b>14</b> 9:35 Water Yoga Michele H   7:05 Aqua Zumba Rolanda	<b>15</b> 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin <b>(Basketball Court)</b>	<b>16</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>17</b> 9:35 Water Aerobics Cindy 9:35 Chair Stretch and Flex Yoga Abby <b>(Basketball Court)</b>	<b>18</b> 9:35 Aqua Zumba Alma
<b>19</b>	<b>20</b> 9:35 Water Aerobics Kelly 9:35 Sit & Fit Cindy <b>(Basketball Court)</b>	<b>21</b> 9:35 Water Yoga Michele H   7:05 Aqua Zumba Rolanda	<b>22</b> 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin <b>(Basketball Court)</b>	<b>23</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy	<b>24</b> 9:35 Water Aerobics Cher 9:35 Chair Stretch and Flex Yoga Abby <b>(Basketball Court)</b>	<b>25</b> 9:35 Aqua Mix Sabrina/Cindy   <b>OPEN HOUSE</b> <b>8am-2pm</b>
<b>26</b>	<b>27</b> 9:35 Water Aerobics Kelly 9:35 Sit & Fit Cher <b>(Basketball Court)</b>	<b>28</b> 9:35 Water Yoga Kelly   7:05 Aqua Zumba Rolanda	<b>29</b> 9:35 Water Aerobics Sabrina 9:35 Muscle Memory Kaitlin <b>(Basketball Court)</b>	<b>30</b> 9:35 Water Tai Chi Paty   7:05 Water Aerobics Amy		