

# The Studio - May 2026

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|--|--|--|--|---|---|---|
|  |  |  |  | <b>Please bring a mat to all classes</b>  | <b>1</b><br>7:30 BodyPump Xpress Betsy<br>8:30 Step & Strength Mica<br>9:30 N10c Josh<br>9:35 BodyBalance Heidi<br>11:05 PT: Balance & Coordination Mica<br>12:00 Power Yoga Heidi<br><br>5:00 BodyPump/Core Taylor       | <b>2</b><br>8:00 GRIT Paige<br>8:30 BodyCombat Paige<br>9:35 BodyPump Paige<br>10:40 WERQ Michele H     |
| <b>3</b><br>10:30 Power Yoga Brooke<br>11:30 Slow Flow Yoga Brooke<br><br>3:30 BodyPump Sarah  | <b>4</b><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 <b>Les Mills Core</b> Gaby<br>11:05 PT: Chair Stretch & Flex Yoga Corrin<br><br>5:30 BodyPump Heidi<br>6:35 Les Mills Core Heidi<br>7:15 BodyBalance Adrienne | <b>5</b><br>5:30 N10c Annie<br>8:30 Strength Lisa<br>9:35 BodyPump Amelia<br>10:40 WERQ Michele H<br>12:00 BodyBalance Heidi<br><br>5:30 Total Body Conditioning Theresa<br>6:35 BodyCombat Paige  | <b>6</b><br>8:30 Les Mills Pilates Kaitlin<br>9:35 HIIT Taylor<br>11:05 PT: Cardio Ball Drumming Sabrina<br>12:00 BodyPump/Core Heidi<br><br>5:30 BodyPump Paige<br>6:35 WERQ Michele H      | <b>7</b><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     | <b>8</b><br>7:30 BodyPump Xpress Stephanie<br>8:30 Step & Strength Mica<br>9:30 N10c Josh<br>9:35 BodyBalance Heidi<br>11:05 PT: Balance & Coordination Mica<br>12:00 Power Yoga Heidi<br><br>5:00 BodyPump/Core Paige    | <b>9</b><br>8:00 GRIT Paige<br>8:30 HIIT Taylor<br>9:35 BodyPump Taylor<br>10:40 Cardio Dance Mica      |
| <b>10</b><br><br><b>Happy Mother's Day!</b>  | <b>11</b><br>5:30 BodyPump Stacey<br>8:30 Interval Training Taylor<br>9:30 N10c Josh<br>9:35 Les Mills TONE Amelia<br>10:30 Stretch & Mobility Deanna<br>11:05 PT: Chair Stretch & Flex Yoga Corrin<br><br>5:30 BodyPump Heidi<br>6:35 Les Mills Core Heidi<br>7:15 BodyBalance Adrienne     | <b>12</b><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 Conditioning Theresa<br>6:35 BodyCombat Paige | <b>13</b><br>8:30 Les Mills Pilates Kaitlin<br>9:35 Bodycombat Deanna<br>11:05 PT: Cardio Ball Drumming Cindy<br>12:00 BodyPump/Core Heidi<br><br>5:30 BodyPump Paige<br>6:35 Zumba Erin     | <b>14</b><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 Kaitlin<br>6:35 Les Mills Core Paige | <b>15</b><br>7:30 BodyPump Xpress Stephanie<br>8:30 Interval Training Kaitlin<br>9:30 N10c Deanna<br>9:35 BodyBalance Heidi<br>11:05 PT: Muscle Memory Kaitlin<br>12:00 Power Yoga Heidi<br><br>5:00 BodyPump/Core Taylor | <b>16</b><br>8:00 GRIT Paige<br>8:30 BodyCombat Paige<br>9:35 BodyPump Taylor<br>10:40 WERQ Lizz        |
| <b>17</b><br><br>3:30 BodyPump Sarah   | <b>18</b><br>5:30 BodyPump Stacey<br>8:30 Interval Training Kaitlin<br>9:30 N10c Kaitlin<br>9:35 Les Mills TONE Brit<br>10:30 Stretch & Mobility Deanna<br>11:05 PT: Chair Stretch & Flex Yoga Corrin<br><br>5:30 BodyPump Heidi<br>6:35 Les Mills Core Heidi<br>7:15 BodyBalance Adrienne   | <b>19</b><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 Conditioning Theresa<br>6:30 BodyCombat Paige | <b>20</b><br>8:30 Les Mills Pilates Maura<br>9:35 Bodycombat Deanna<br>11:05 PT: Cardio Ball Drumming Cindy<br>12:00 BodyPump/Core Heidi<br><br>5:30 BodyPump Paige<br>6:35 Zumba Erin       | <b>21</b><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    | <b>22</b><br>7:30 BodyPump Xpress Stephanie<br>8:30 Step & Strength Mica<br>9:30 N10c Josh<br>9:35 BodyBalance Heidi<br>11:05 PT: Balance & Coordination Mica<br>12:00 Power Yoga Heidi<br><br>5:00 BodyPump/Core Paige   | <b>23</b><br>8:00 GRIT Paige<br>8:30 BodyCombat Sarah<br>9:35 BodyPump Sarah<br>10:40 WERQ Michele H    |
| <b>24</b><br><br>3:30 BodyPump Sarah   | <b>25</b><br>8:30 Les Mills Pilates Kaitlin<br>9:30 N10c Kaitlin<br>9:35 HIIT Paige<br>10:40 BodyPump Paige<br><br><b>Happy Memorial Day!</b>  | <b>26</b><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 Conditioning Theresa<br>6:35 BodyCombat Paige | <b>27</b><br>8:30 Les Mills Pilates Kaitlin<br>9:35 Bodycombat Deanna<br>11:05 PT: Cardio Ball Drumming Cindy<br>12:00 BodyPump/Core Heidi<br><br>5:30 BodyPump Paige<br>6:35 WERQ Michele H | <b>28</b><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    | <b>29</b><br>7:30 BodyPump Xpress Stephanie<br>8:30 Step & Strength Mica<br>9:30 N10c Deanna<br>9:35 BodyBalance Heidi<br>11:05 PT: Balance & Coordination Mica<br>12:00 Power Yoga Heidi<br><br>5:00 BodyPump/Core Paige | <b>30</b><br>8:00 GRIT Paige<br>8:30 Les Mills Tone Brit<br>9:35 BodyPump Paige<br>10:40 WERQ Michele H |
| <b>31</b><br>10:30 Power Yoga Brooke<br>11:30 Slow Flow Yoga Brooke<br><br>3:30 BodyPump Sarah |  |  |  |   |   |   |

# The Haven – May 2026

**Please bring a mat to all classes**

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|---|---|---|--|--|---|---|
|   |   |   |  |  | <b>1</b><br>5:45 Sunrise Slow Flow QiQi<br>8:30 Gentle Yoga Heidi<br>9:35 Les Mills Pilates Kaitlin<br>10:40 Stretch & Mobility Kaitlin<br><br><b>**Restorative Yoga Workshop 4:00-5:30</b> | <b>2</b><br>8:30 Slow Flow QiQi<br>9:30 Warm Detox Yoga Shwetha<br>10:40 Les Mills Pilates Kaitlin<br><br><b>Yoga Teacher Training 8:30-4:30 (No Virtual)</b>     |
| <b>3</b><br><br><b>Yoga Teacher Training 8:30-4:30 (No Virtual)</b><br><br>4:30 Rest & Restore Yoga Sara  | <b>4</b><br>8:30 Hatha Flow Yoga Colleen<br>9:35 Core Yoga Christine<br>10:40 Warm Detox Yoga Heidi<br>12:00 Holy Yoga Kelly<br><br>5:30 Yogalates Jill<br>6:35 Gentle Yoga Michele H | <b>5</b><br>8:30 Gentle Yoga Corrin<br>9:35 Multilevel Yoga Abby<br>10:40 BarreBody Maura<br><br>5:30 Gentle Yoga Christine<br>6:35 Warm Detox Yoga Shwetha   | <b>6</b><br>8:30 Yin Yoga Maura<br>9:35 Mat Pilates Amy<br>10:40 Slow Flow & Stretch Corrin<br>12:00 Yoga Stretch & Mobility Abby<br><br>5:30 Slow Flow Daniela<br>6:35 Yin Yoga Shwetha       | <b>7</b><br>8:30 Gentle Yoga Colleen<br>9:35 Detox Yoga Corrin<br>10:40 75 Min Yin Yoga Corrin<br>12:00 Condition & Stretch Sara<br><br>5:30 Cardio Yoga Taylor<br>6:35 BodyBalance Adrienne     | <b>8</b><br>5:45 Sunrise Slow Flow QiQi<br>8:30 Gentle Yoga Heidi<br>9:35 Les Mills Pilates Jill<br>10:40 Stretch & Mobility Lauren   | <b>9</b><br>8:30 Slow Flow Alex<br>9:30 Warm Detox Yoga Shwetha<br>10:40 Restorative Yogalates Jill   |
| <b>10</b><br><br><b>Happy Mother's Day!</b>   | <b>11</b><br>8:30 Hatha Flow Yoga Colleen<br>9:35 Core Yoga Heidi<br>10:40 Warm Detox Yoga Heidi<br>12:00 Holy Yoga Kelly<br><br>5:30 Yogalates Jill<br>6:35 Gentle Yoga Michele H    | <b>12</b><br>8:30 Gentle Yoga Corrin<br>9:35 Multilevel Yoga Abby<br>10:40 BarreBody Maura<br><br>5:30 Gentle Yoga Christine<br>6:35 Warm Detox Yoga Shwetha  | <b>13</b><br>8:30 Yin Yoga Deanna<br>9:35 Mat Pilates Amy<br>10:40 Slow Flow & Stretch Corrin<br>12:00 Yoga Stretch & Mobility Deanna<br><br>5:30 Slow Flow Daniela<br>6:35 Yin Yoga Shwetha   | <b>14</b><br>8:30 Gentle Yoga Colleen<br>9:35 Detox Yoga Corrin<br>10:40 75 Min Yin Yoga Corrin<br>12:00 Condition & Stretch Sara<br><br>5:30 Cardio Yoga Taylor<br>6:35 BodyBalance Heidi       | <b>15</b><br>5:45 Sunrise Slow Flow QiQi<br>8:30 Gentle Yoga Heidi<br>9:35 Les Mills Pilates Kaitlin<br>10:40 Stretch & Mobility Lauren   | <b>16</b><br>8:30 Les Mills Pilates Kaitlin<br>9:30 Warm Detox Yoga Shwetha<br>10:40 Restorative Yogalates Jill   |
| <b>17</b><br>10:30 Power Yoga Brooke<br>11:30 Slow Flow Yoga Brooke<br><br>4:30 Rest & Restore Yoga Sara  | <b>18</b><br>8:30 Hatha Flow Yoga Colleen<br>9:35 Core Yoga Christine<br>10:40 Warm Detox Yoga Heidi<br>12:00 Holy Yoga Kelly<br><br>5:30 Yogalates Jill<br>6:35 Gentle Yoga Alex     | <b>19</b><br>8:30 Gentle Yoga Corrin<br>9:35 Multilevel Yoga Abby<br>10:40 BarreBody Maura<br><br>5:30 Gentle Yoga Christine<br>6:35 Warm Detox Yoga Cindy D  | <b>20</b><br>8:30 Yin Yoga Deanna<br>9:35 Mat Pilates Amy<br>10:40 Slow Flow & Stretch Corrin<br>12:00 Yoga Stretch & Mobility Deanna<br><br>5:30 Slow Flow Cindy D<br>6:35 Yin Yoga Michele H | <b>21</b><br>8:30 Gentle Yoga Colleen<br>9:35 Detox Yoga Corrin<br>10:40 75 Min Yin Yoga Corrin<br>12:00 Condition & Stretch Sara<br><br>5:30 Slow Flow Heidi<br>6:35 BodyBalance Adrienne       | <b>22</b><br>5:45 Sunrise Slow Flow QiQi<br>8:30 Gentle Yoga Heidi<br>9:35 Les Mills Pilates Kaitlin<br>10:40 Stretch & Mobility Kaitlin  | <b>23</b><br>8:30 Slow Flow Alex<br>9:30 Les Mills Pilates Kaitlin<br>10:40 Restorative Yogalates Jill  |
| <b>24</b><br>10:30 Power Yoga Brooke<br>11:30 Slow Flow Yoga Brooke<br><br>4:30 Rest & Restore Yoga Sara  | <b>25</b><br>9:35 90 min Slow Flow Christine<br><br><b>Happy Memorial Day!</b>  | <b>26</b><br>8:30 Gentle Yoga Cindy D<br>9:35 Multilevel Yoga Abby<br>10:40 BarreBody Maura<br><br>5:30 Gentle Yoga Christine<br>6:35 Warm Detox Yoga Cindy D | <b>27</b><br>8:30 Yin Yoga Deanna<br>9:35 Mat Pilates Amy<br>10:40 Slow Flow & Stretch Abby<br>12:00 Yoga Stretch & Mobility Deanna<br><br>5:30 Slow Flow Cindy D<br>6:35 Yin Yoga Cindy D     | <b>28</b><br>8:30 Gentle Yoga Colleen<br>9:35 Detox Yoga Christine<br>10:40 75 Min Yin Yoga Deanna<br>12:00 Condition & Stretch Sara<br><br>5:30 Cardio Yoga Taylor<br>6:35 BodyBalance Adrienne | <b>29</b><br>5:45 Sunrise Slow Flow QiQi<br>8:30 Gentle Yoga Heidi<br>9:35 Les Mills Pilates Kaitlin<br>10:40 Stretch & Mobility Deanna   | <b>30</b><br>8:30 Slow Flow Alex<br>9:30 Les Mills Pilates Kaitlin<br>10:40 Restorative Yogalates Jill<br><br><b>Yoga Teacher Training 8:30-4:30 (No Virtual)</b> |
| <b>31</b><br><br><b>Yoga Teacher Training 8:30-4:30 (No Virtual)</b><br><br>4:30 Rest & Restore Yoga Sara |   |   |  |  |   |   |

# The Loft - May 2026

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

# The Tides - May 2026

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|---|--|---|---|---|
|   |   |   |  |   | <b>1</b><br>9:35 Water Aerobics<br>Cher                           | <b>2</b><br>9:35 Water Aerobics<br>Cindy                          |
| <b>3</b>  | <b>4</b><br>9:35 Water Aerobics<br>Kelly                          | <b>5</b><br>9:35 Water Yoga<br>Michele H<br><br>7:05 Aqua Zumba<br>Alma       | <b>6</b><br>9:35 Water Aerobics<br>Sabrina<br><br>-or-<br>9:35 Muscle Memory<br>Kaitlin<br><b>(Basketball Court)</b>                         | <b>7</b><br>9:35 Water Tai Chi<br>Paty<br><br>7:05 Water Aerobics<br>Amy  | <b>8</b><br>9:35 Water Aerobics<br>Cher                           | <b>9</b><br>9:35 Water Aerobics<br>Cindy                          |
| <b>10</b><br><br><b>Happy<br/>Mother's Day!</b> | <b>11</b><br>9:35 Water Aerobics<br>Kelly                         | <b>12</b><br>9:35 Water Yoga<br>Michele H<br><br>7:05 Water Aerobics<br>Myra  | <b>13</b><br>9:35 Water Aerobics<br>Cindy<br><br>-or-<br>9:35 Muscle Memory<br>Kaitlin<br><b>(Basketball Court)</b>                          | <b>14</b><br>9:35 Water Tai Chi<br>Paty<br><br>7:05 Water Aerobics<br>Amy | <b>15</b><br>9:35 Water Aerobics<br>Cher                          | <b>16</b><br>9:35 Aqua Zumba<br>Alma                              |
| <b>17</b>                                       | <b>18</b><br>9:35 Water Aerobics<br>Kelly                         | <b>19</b><br>9:35 Water Yoga<br>Michele H<br><br>7:05 Water Aerobics<br>Cindy | <b>20</b><br>9:35 Water Aerobics<br>Cindy<br><br>-or-<br>9:35 Muscle Memory<br>Kaitlin<br><b>(Basketball Court)</b>                          | <b>21</b><br>9:35 Water Tai Chi<br>Paty<br><br>7:05 Water Aerobics<br>Amy | <b>22</b><br>9:35 Water Aerobics<br>Cher                          | <b>23</b><br>9:35 Water Aerobics<br>Cher<br><b>(Outdoor Pool)</b> |
| <b>24</b>                                       | <b>25</b><br>9:35 Water Aerobics<br>Cher<br><b>(Outdoor Pool)</b> | <b>26</b><br>9:35 Water Yoga<br>Michele H<br><b>(Outdoor Pool)</b>            | <b>27</b><br>9:35 Water Aerobics<br>Cindy<br><b>(Outdoor Pool)</b><br><br>-or-<br>9:35 Muscle Memory<br>Kaitlin<br><b>(Basketball Court)</b> | <b>28</b><br>9:35 Water Tai Chi<br>Paty<br><b>(Outdoor Pool)</b>          | <b>29</b><br>9:35 Water Aerobics<br>Cher<br><b>(Outdoor Pool)</b> | <b>30</b><br>9:35 Water Aerobics<br>Myra<br><b>(Outdoor Pool)</b> |
| <b>31</b>                                       | <b>Happy<br/>Memorial Day!</b>                                    | 7:05 Water Aerobics<br>Myra<br><b>(Outdoor Pool)</b>                          | 9:35 Muscle Memory<br>Kaitlin<br><b>(Basketball Court)</b>   | 7:05 Water Aerobics<br>Amy<br><b>(Outdoor Pool)</b>                       |   |   |