

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> 5:30 BodyPump Stacey 8:30 Interval Training Taylor 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 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>2</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>3</b> 8:30 Les Mills Pilates Kaitlin 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Cindy W 11:45 <b>Muscle Memory</b> (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Zumba Erin	<b>4</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	<b>5</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  6:00 BodyPump Taylor	<b>6</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz	
<b>7</b>  3:30 BodyPump Betsey	<b>8</b> 5:30 BodyPump Stacey 8:30 Interval Training Taylor 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 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>9</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Melissa 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	<b>10</b> 8:30 Les Mills Pilates Maura 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Cindy W 11:45 <b>Muscle Memory</b> (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 WERQ Michele H	<b>11</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	<b>12</b> 7:30 BodyPump Xpress Betsey 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi  6:00 BodyPump Taylor	<b>13</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz	
<b>14</b> 10:30 Power Yoga Brooke 11:30 Slow Flow Yoga Brooke  3:30 BodyPump Sarah	<b>15</b> 5:30 BodyPump Stacey 8:30 Interval Training Taylor 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 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>16</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>17</b> 8:30 Les Mills Pilates Maura 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 11:45 <b>Muscle Memory</b> (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Zumba Erin	<b>18</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	<b>19</b> 7:30 BodyPump Xpress Betsey 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi  6:00 BodyPump/Core Paige	<b>20</b> 8:00 <b>Virtual GRIT</b> 8:30 Les Mills TONE Brit 9:35 BodyPump Adrienne 10:40 WERQ Michele H	
<b>21</b>  <b>Happy Father's Day!</b>  3:30 BodyPump Adrienne	<b>22</b> 5:30 BodyPump Paige 8:30 Interval Training Taylor 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 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>23</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>24</b> 8:30 Les Mills Pilates Kaitlin 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 11:45 <b>Muscle Memory</b> (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Zumba Erin	<b>25</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	<b>26</b> 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Kaitlin 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Chair Stretch & Flex Yoga Cher 12:00 Power Yoga Heidi  6:00 BodyPump/Core Paige	<b>27</b> 8:00 GRIT Paige 8:30 HIIT Taylor 9:35 BodyPump Taylor 10:40 WERQ Lizz	
<b>28</b>  3:30 BodyPump Adrienne	<b>29</b> 5:30 BodyPump Stacey 8:30 Interval Training Kaitlin 9:30 N10c Deanna 9:35 Les Mills TONE Brit 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Abby  5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne	<b>30</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Melissa 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 - June 2026</h2> </div>				<b>Please bring a mat to all classes</b>

# The Haven – June 2026

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

# The Loft - June 2026

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

# The Tides - June 2026

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