

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Studio - July 2026						
			1 8:30 Interval Training Lisa 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Cindy WH 11:45 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 WERQ Lizz	2 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 Paige	3 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Adrienne 9:35 BodyPump Adrienne 11:05 PT: Muscle Memory Kaitlin 12:00 Power Yoga Dan 6:00 BodyPump/Core Paige	4 No Classes Happy July 4th 
5 3:30 BodyPump Taylor	6 5:30 BodyPump Xpress Stacey 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 HIIT Taylor 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	7 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	8 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 11:45 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	9 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	10 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 6:00 BodyPump/Core Taylor	11 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
12 10:30 Power Yoga Dan 11:30 Slow Flow Yoga Dan 3:30 BodyPump Adrienne	13 5:30 BodyPump Xpress Stacey 8:30 Les Mills Pilates Kaitlin 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	14 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Taylor 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	15 8:30 Interval Training Taylor 9:35 BodyCombat Paige 11:00 PT: Cardio Ball Drumming Cindy WH 11:45 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	16 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	17 7:30 BodyPump Xpress Paige 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 Adrienne	18 8:00 Virtual GRIT 8:30 HIIT Taylor 9:35 BodyPump Taylor 10:40 No Class
19 3:30 BodyPump Adrienne	20 5:30 BodyPump Xpress Stacey 8:30 Les Mills Pilates Kaitlin 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	21 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 6:30 BodyCombat Paige	22 8:30 Interval Training Mica 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 11:45 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	23 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 Paige	24 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 6:00 BodyPump/Core Paige	25 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
26 3:30 BodyPump Taylor	27 5:30 BodyPump Xpress Taylor 8:30 Les Mills Pilates Kaitlin 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 Heidi	28 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 Les Mills TONE Brit	29 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Cindy WH 11:45 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 Strength Development Demo Gaby 6:35 WERQ Michele H	30 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	31 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Taylor 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 Chair Stretch & Flex Yoga Kelly 12:00 Power Yoga Heidi 6:00 No Class **Puppy Yoga 5:30-7:30	Please bring a mat to all classes

The Haven – July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Yin Yoga Deanna 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Dan 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Yoga Cindy D 6:35 Yin Yoga Shwetha	2 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Dan 10:40 75 Min Yin Yoga Deanna 12:00 Condition & Stretch Sara 5:30 Gentle Yoga Cindy D 6:35 BodyBalance Adrienne	3 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Dan 9:35 Les Mills Pilates Kaitlin 10:30 Stretch & Mobility Kaitlin	4 No Classes Happy July 4th 
5 10:30 Power Yoga Dan 11:30 Slow Flow Yoga Dan 4:30 Rest & Restore Yoga Sara	6 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Cindy D	7 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Jill 5:30 Gentle Yoga Cindy D 6:35 Warm Detox Yoga Shwetha	8 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	9 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	10 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Slow Flow Yoga Dan 10:40 Stretch & Mobility Taylor	11 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Heidi 10:40 Restorative Yogalates Jill Yoga Teacher Training 8:30-4:30 (No Virtual)
12 Yoga Teacher Training 8:30-4:30 (No Virtual) 4:30 Rest & Restore Yoga Sara	13 8:30 Hatha Flow Yoga Alex 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	14 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	15 8:30 Yin Yoga Corrin 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Corrin 12:00 Yoga Stretch & Mobility Abby 5:30 Slow Flow Yoga Daniela 6:35 Yin Yoga Shwetha	16 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	17 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	18 8:30 Slow Flow Yoga Dan 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
19 11:30 Slow Flow Yoga Dan 10:30 Power Yoga Dan 4:30 Rest & Restore Yoga Sara	20 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	21 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Alex 10:40 BarreBody Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	22 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 Cindy D 6:35 Yin Yoga Cindy D	23 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara 5:30 Gentle Yoga Cindy D 6:35 BodyBalance Heidi	24 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren	25 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
26 11:30 Slow Flow Yoga Dan 10:30 Power Yoga Dan 4:30 Rest & Restore Yoga Cindy D	27 8:30 Hatha Flow Yoga Alex 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	28 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	29 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	30 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 No Class 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	31 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor **Restorative Yoga Workshop 4:00-5:30 Yoga Teacher Training 6:00-8:00 (No Virtual)	Please bring a mat to all classes

The Loft - July 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 5:30 Sprint Kara	2 9:35 Sprint Deanna 6:00 Sprint Kara	3 5:30 Virtual Class 8:30 Virtual RPM	4 No Classes Happy July 4th 
5	9:35 Sprint Paige 6:00 Sprint Kara	5:30 Spintense Paige	8 5:30 Sprint Kara	9 9:35 Sprint Deanna 6:00 Sprint Kara	10 5:30 Virtual Class 8:30 Virtual RPM	11 9:00 Sprint Kara
12	9:35 Sprint Michelle G 6:00 Sprint Paige	5:30 Spintense Paige	15 5:30 Sprint Kara	16 9:35 Sprint Michelle G 6:00 Sprint Kara	17 5:30 Virtual Class 8:30 RPM Betsey	18 9:00 Sprint Kara
19	9:35 Sprint Michelle G 6:00 Sprint Kristin	5:30 Spintense Paige	22 5:30 Sprint Kara	23 9:35 Sprint Deanna 6:00 Sprint Kara	24 5:30 Virtual Class 8:30 RPM Betsey	25 9:00 Sprint Kristin
26	9:35 Sprint Deanna 6:00 Sprint Kristin	5:30 Spintense Kristin	29 5:30 Sprint Kara	30 9:35 Sprint Deanna 6:00 Sprint Kara	31 5:30 Virtual Class 8:30 RPM Betsey	

The Tides - July 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 Water Aerobics Myra	2 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	3 9:35 Water Aerobics Cher	4 No Classes Happy July 4th 
5	6 9:35 Water Aerobics Kelly	7 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda (Indoor Pool)	8 9:35 Water Aerobics Cindy	9 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	10 9:35 Water Aerobics Cher	11 9:35 Water Aerobics Dan
12	13 9:35 Water Aerobics Kelly	14 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	15 9:35 Water Aerobics Myra	16 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	17 6:15 Sunrise Aqua Tai Chi Yoga Paty 9:35 Water Aerobics Cher	18 9:35 Aqua Zumba Alma
19	20 9:35 Water Aerobics Kelly	21 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	22 9:35 Water Aerobics Myra	23 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	24 9:35 Water Aerobics Cher	25 9:35 Water Aerobics Dan
26	27 9:35 Water Aerobics Kelly	28 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	29 9:35 Water Aerobics Cindy	30 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	31 9:35 Water Aerobics Cher	