

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				<i>Please bring a mat to all classes</i>		1 8:00 Virtual GRIT 8:30 TONE Bit 9:35 BodyPump Sarah 10:40 WERQ Lizz
2 10:30 Slow Flow Yoga Cindy D 11:30 Power Yoga Cindy D 3:30 BodyPump Sarah	3 5:30 BodyPump Xpress Stacey 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 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	4 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 NO CLASS 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	5 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Cindy 11:45 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	6 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 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	8 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
9 3:30 BodyPump Sarah	10 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	11 5:30 N10c Annie 8:30 Strength Taylor 9:35 BodyPump Deanna 10:40 WERQ Melissa 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	12 8:30 Interval Training Lisa 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Cindy 11:45 Muscle Memory (Basketball Court) Taylor 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	13 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	14 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 Adrienne	15 8:00 Virtual GRIT 8:30 TONE Bit 9:35 BodyPump Taylor 10:40 WERQ Lizz
16 *Kitty Yoga* 10:30- 11:30am Dan 3:30 BodyPump Sarah	17 5:30 BodyPump Xpress Paige 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	18 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	19 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	20 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	21 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 Taylor	22 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Melissa
23 3:30 BodyPump Sarah	24 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	25 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	26 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 11:45 Muscle Memory (Basketball Court) Taylor 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	27 5:30 N10c Annie 8:30 Strength Taylor 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Gaby 6:35 Les Mills Core Heidi	28 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Gaby 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi 5:00 BodyPump/Core Paige	29 8:00 GRIT Paige 8:30 HIIT Taylor 9:35 BodyPump Taylor 10:40 WERQ Michele H
30 3:30 BodyPump Sarah	31 5:30 BodyPump Xpress Stacey 8:30 Interval Training Taylor 9:30 N10c Josh 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					

The Studio – August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Haven – August 2026						1 8:30 Slow Flow Yoga Cindy D 9:30 Warm Detox Yoga Heidi 10:40 Restorative Yogalates Jill Yoga Teacher Training 8:30-4:30 (No Virtual)
2 Yoga Teacher Training 8:30-4:30 (No Virtual) 4:30 Rest & Restore Yoga Sara	3 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	4 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	5 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	6 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	7 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	8 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
9 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 Rest & Restore Yoga Sara	10 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 Cindy D	11 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	12 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 Shwetha	13 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	14 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	15 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill Yoga Teacher Training 8:30-4:30 (No Virtual)
16 Yoga Teacher Training 8:30-4:30 (No Virtual) 4:30 Rest & Restore Yoga Sara	17 8:30 Hatha Flow Yoga Dan 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Cindy D	18 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	19 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	20 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	21 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	22 8:30 Slow Flow Yoga Dan 9:30 Warm Detox Yoga Heidi 10:40 Restorative Yogalates Jill
23 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 NO CLASS	24 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	25 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	26 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	27 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	28 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Vinyasa Taylor 10:40 Stretch & Mobility Taylor Strength Series with Gaby 5:30-7:30	29 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
30 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 Rest & Restore Yoga Sara	31 8:30 Hatha Flow Yoga Dan 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			Please bring a mat to all classes		

The Loft - August 2026

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

The Tides - August 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 Sabrina
2	3 9:35 Water Aerobics Kelly	4 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	5 9:35 Water Aerobics Cindy	6 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	7 6:15 Sunrise Aqua Tai Chi Yoga Paty 9:35 Water Aerobics Kelly	8 9:35 Water Aerobics Dan
9	10 9:35 Water Aerobics Kelly	11 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	12 9:35 Water Aerobics Cindy	13 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	14 9:35 Water Aerobics Cher	15 9:35 Aqua Zumba Alma
16	17 9:35 Water Aerobics Kelly	18 9:35 Water Yoga Christine 7:05 Aqua Zumba Alma	19 9:35 Water Aerobics Sabrina	20 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	21 6:15 Sunrise Aqua Tai Chi Yoga Paty 9:35 Water Aerobics Cher	22 9:35 Water Aerobics Dan
23	24 9:35 Water Aerobics Kelly	25 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	26 9:35 Water Aerobics Sabrina	27 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	28 9:35 Water Aerobics Cher	30 9:35 Water Aerobics Dan
30	31 9:35 Water Aerobics Kelly					