

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please bring a mat to all classes	1 5:30 N10c Caroline 8:30 Strength Taylor 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Taylor 6:35 BodyCombat Paige	2 8:30 Interval Training Taylor 9:35 HIIT Taylor 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	3 5:30 N10c Caroline 8:30 Strength Taylor 9:35 BodyPump Heidi 10:45 NO CLASS 5:30 Les Mills Pilates Kaitlin 6:00 N10c Josh 6:35 Les Mills Core Heidi	4 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	5 8:00 GRIT Paige 8:30 Les Mills Tone Brit 9:35 BodyPump Taylor 10:40 WERQ Lizz
6 3:30 BodyPump Adrienne	7 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 10:40 BodyPump Paige 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne HAPPY LABOR DAY!	8 5:30 N10c Caroline 8:30 Strength Taylor 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige	9 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 Sarah 6:35 Zumba Erin	10 5:30 NO CLASS 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 NO CLASS 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi	11 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Taylor 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Kaitlin 12:00 Power Yoga Heidi *Kitty Yoga WS* 6:00-7:00pm	12 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Melissa
13 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Cindy 3:30 BodyPump Sarah	14 5:30 HIIT Kaitlin 8:30 Les Mills Pilates Kaitlin 9:30 N10c Deanna 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	15 5:30 N10c Caroline 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	16 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	17 5:30 NO CLASS 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 NO CLASS 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi	18 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	19 8:00 GRIT Paige 8:30 Les Mills Tone Brit 9:35 BodyPump Taylor 10:40 WERQ Lizz
20 3:30 BodyPump Sarah	21 5:30 HIIT Kaitlin 8:30 Les Mills Pilates Kaitlin 9:30 N10c Deanna 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	22 5:30 N10c Caroline 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	23 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	24 5:30 N10c Caroline 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 NO CLASS 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi	25 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 Taylor	26 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
27 3:30 BodyPump Sarah	28 5:30 HIIT Kaitlin 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	29 5:30 N10c Caroline 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	30 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 WERQ Michele H	The Studio - September 2026		

The Haven – September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	2 8:30 Yin Yoga Corrin 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Corrin 12:00 NO CLASS 5:30 Slow Flow Yoga Daniela 6:35 Yin Yoga Shwetha	3 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	4 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	5 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
6 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Heidi 4:30 Rest & Restore Yoga Shwetha	7 8:30 Hatha Flow Yoga Colleen 9:35 90 Min Detox Yoga and Meditation Alex HAPPY LABOR DAY!	8 8:30 Gentle Yoga Christine 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	9 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	10 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	11 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)	12 8:30 Slow Flow Yoga Dan 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training 8:30-4:30 (No Virtual)
13 **Yoga Teacher Training 8:30-4:30 (No Virtual) 4:30 Rest & Restore Yoga Cindy	14 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	15 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	16 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	17 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	18 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	19 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
20 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Cindy 4:30 Rest & Restore Yoga Cindy	21 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 Cindy	22 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	23 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	24 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	25 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	26 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
27 10:30 Slow Flow Yoga Dan 11:30 Virtual Class 4:30 Rest & Restore Yoga Shwetha	28 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	29 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Warm Detox Yoga Shwetha	30 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	Please bring a mat to all classes		

The Loft - September 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 Spintense Paige	2 5:30 Sprint Kara	3 9:35 Sprint Virtual 6:00 Sprint Kara	4 5:30 RPM Caroline 8:30 RPM Betsey	5 9:00 Sprint Paige
6	7 9:35 Sprint Michelle G HAPPY LABOR DAY!	8 5:30 Spintense Paige	9 5:30 Sprint Kara	10 9:35 Sprint Deanna 6:00 Sprint Kara	11 5:30 RPM Virtual 8:30 RPM Betsey	12 9:00 Sprint Kristin
13	14 9:35 Sprint Michelle G 6:00 Sprint Kristin	15 5:30 Spintense Paige	16 5:30 Sprint Kara	17 9:35 Sprint Deanna 6:00 Sprint Kara	18 5:30 RPM Caroline 8:30 RPM Virtual	19 9:00 Sprint Paige
20	21 9:35 Sprint Michelle G 6:00 Sprint Kristin	22 5:30 Spintense Paige	23 5:30 Sprint Kara	24 9:35 Sprint Deanna 6:00 Sprint Michelle G	25 5:30 RPM Caroline 8:30 RPM Virtual	26 9:00 Sprint Kara
27	28 9:35 Sprint Deanna 6:00 Sprint Kristin	29 5:30 Spintense Paige	30 5:30 Sprint Kara			

The Tides - September 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 Yoga Michele H 7:05 Aqua Zumba Rolanda	2 9:35 Water Aerobics Dan	3 9:35 Water Tai Chi Paty 7:05 Water Aerobics Linda	4 9:35 Water Aerobics Cher	5 9:35 Water Aerobics Cher
6	7 9:35 Water Aerobics Dan HAPPY LABOR DAY!	8 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	9 9:35 Water Aerobics Sabrina	10 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	11 9:35 Water Aerobics Cher	12 9:35 Water Aerobics Dan
13	14 9:35 Water Aerobics Kelly	15 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	16 9:35 Water Aerobics Dan	17 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	18 9:35 Water Aerobics Cher	19 9:35 Aqua Zumba Alma
20	21 9:35 Water Aerobics Kelly	22 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	23 9:35 Water Aerobics Sabrina	24 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	25 9:35 Water Aerobics Cher	26 9:35 Water Aerobics Dan
27	28 9:35 Water Aerobics Kelly	29 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	30 9:35 Water Aerobics Dan	All swim classes will remain outdoors, weather permitting		