

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Studio - October 2026				1 5:30 N10c Caroline 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	2 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Taylor 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Cher 12:00 Power Yoga Heidi 5:00 BodyPump/Core Paige	3 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
4 10:30 Slow Flow Yoga QiQi 11:30 Power Yoga QiQi 3:30 BodyPump Adrienne	5 5:30 Strength 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	6 5:30 N10c Caroline 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Taylor 6:35 BodyCombat Paige	7 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 Betsey 6:35 Zumba Erin	8 5:30 No Class 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	9 7:30 BodyPump Xpress Stephanie 8:30 Interval Training Gaby 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Muscle Memory Cher 12:00 Power Yoga Heidi 5:00 BodyPump/Core Taylor	10 8:00 GRIT Virtual 8:30 Les Mills Tone Brit 9:35 BodyPump Betsey 10:40 WERQ Michele H
11 3:30 BodyPump Sarah	12 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	13 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	14 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	15 5:30 N10c Caroline 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	16 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 5:00 BodyPump/Core Paige	17 Wellness Fair Special Schedule 8:00 Step/Strength Mica 8:45 Les mills Tone Brit 9:15 BodyCombat Paige 9:30 N10c Kaitlin 10:00 BodyPump/Core Deanna 11:30 Dance Party Lizz *Times subject to change
18 3:30 BodyPump Sarah	19 5:30 BodyPump Xpress Adrienne 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	20 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 6:30 BodyCombat Paige	21 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	22 5:30 N10c Caroline 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	23 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	24 8:00 GRIT Paige 8:30 Les Mills Tone Brit 9:35 BodyPump Paige 10:40 WERQ Michele H
25 3:30 BodyPump Sarah	26 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	27 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	28 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	29 5:30 N10c Caroline 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	30 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 5:00 BodyPump/Core Paige	31 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Betsey 10:40 WERQ Lizz HAPPY HALLOWEEN!

The Haven – October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please bring a mat to all classes				1 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	2 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Virtual Class 10:40 Stretch & Mobility Taylor **Restorative Yoga Workshop 4:00-5:30	3 8:30 Slow Flow Yoga QiQi 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill **Yoga Teacher Training 8:30-4:30 (No Virtual)
4 **Yoga Teacher Training 8:30-4:30 (No Virtual) 4:30 Rest & Restore Yoga Shwetha	5 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Shwetha	6 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	7 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	8 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	9 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	10 8:30 Slow Flow Yoga Cindy 9:30 Warm Detox Yoga Heidi 10:40 Restorative Yogalates Jill
11 10:30 Slow Flow Yoga Cindy 11:30 Power Yoga Cindy 4:30 Rest & Restore Yoga Shwetha	12 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Shwetha	13 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	14 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	15 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	16 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	17 Wellness Fair Special Schedule 8:30 Les Mills Pilates Kaitlin 9:05 BodyBalance Heidi 9:35 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill *Times subject to change
18 10:30 Slow Flow Yoga Cindy 11:30 Power Yoga Cindy 4:30 Rest & Restore Yoga Cindy	19 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 No Class 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Cindy	20 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	21 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	22 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	23 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	24 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
25 10:30 Slow Flow Yoga Cindy 11:30 Power Yoga Cindy 4:30 Rest & Restore Yoga Cindy	26 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Shwetha 6:35 Warm Detox Yoga Shwetha	27 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	28 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	29 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Heidi	30 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	31 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill HAPPY HALLOWEEN!

The Loft - October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:35 Sprint Deanna 6:00 Sprint Kara	2 5:30 RPM Caroline 8:30 RPM Betsey	3 9:00 Sprint Kara
4	5 9:35 Sprint Michelle G 6:00 Sprint Kristin	6 5:30 Spintense Paige	7 5:30 Sprint Kara	8 9:35 Sprint Deanna 6:00 Sprint Kara	9 5:30 Virtual RPM 8:30 RPM Betsey	10 9:00 Sprint Kristin
11	12 9:35 Virtual Sprint 6:00 Sprint Paige	13 5:30 Spintense Paige	14 5:30 Sprint Kara	15 9:35 Sprint Deanna 6:00 Sprint Kara	16 5:30 RPM Caroline 8:30 Virtual RPM	17 Wellness Fair Special Schedule 8:30 Sprint Launch Kristin *Times subject to change
18	19 9:35 Sprint Michelle G 6:00 Sprint Kristin	20 5:30 Spintense Paige	21 5:30 Sprint Kara **10:30 Cardio with Purpose WS Tommy **5:30 Cardio with Purpose WS Tommy	22 9:35 Sprint Deanna 6:00 Sprint Kara	23 5:30 RPM Caroline 8:30 Virtual RPM	24 9:00 Sprint Paige
25	26 9:35 Sprint Michelle G 6:00 Sprint Kristin	27 5:30 Spintense Paige	28 5:30 Sprint Kara	29 9:35 Sprint Deanna 6:00 Sprint Kara	30 5:30 RPM Caroline 8:30 RPM Betsey	31 9:00 Sprint Kristin HAPPY HALLOWEEN!

The Tides - October 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 Tai Chi Paty 7:05 Water Aerobics Amy	2 9:35 Water Aerobics Cher	3 9:35 Water Aerobics Linda
4	5 9:35 Water Aerobics Kelly 10:35 Water Aerobics Kelly	6 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	7 9:35 Water Aerobics Sabrina 10:35 Water Aerobics Cher	8 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	9 9:35 Water Aerobics Cher	10 9:35 Aqua Zumba Alma
11	12 9:35 Water Aerobics Kelly 10:35 Water Aerobics Kelly	13 9:35 Water Yoga Michele H 7:05 Aqua Zumba Alma	14 9:35 Water Aerobics Sabrina 10:35 Water Aerobics Cher	15 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	16 9:35 Water Aerobics Cher	17 Wellness Fair Special Schedule 9:35 Aqua Mix Sabrina/Cher/Alma *Times subject to change
18	19 9:35 Water Aerobics Sabrina 10:35 Water Aerobics Cher	20 9:35 Water Yoga Michele H 7:05 Aqua Zumba Alma	21 9:35 Water Aerobics Sabrina 10:35 Water Aerobics Cher	22 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	23 9:35 Water Aerobics Cher	24 9:35 Water Aerobics Cher
25	26 9:35 Water Aerobics Kelly 10:35 Water Aerobics Kelly	27 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	28 9:35 Water Aerobics Sabrina 10:35 Water Aerobics Cher	29 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	30 9:35 Water Aerobics Cher	31 9:35 Water Aerobics Linda HAPPY HALLOWEEN!

****All swim classes will move indoors beginning October 1st**