

MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4	SATURDAY 10/5	SUNDAY 10/6
8:30AM-9:30AM <b>LIFT (HEATED)</b> NIKI	8:15AM-9:30AM <b>POWER FLOW YOGA (HEATED)</b> KATHLEEN	8:30AM-9:30AM <b>THERAPEUTIC YOGA</b> JENN	8:30AM-9:30AM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	8:30AM-9:30AM <b>YOGA SCULPT (HEATED)</b> CHELSEA	8:15AM-9:15AM <b>THE WORKOUT WITHIN</b> KATIE	9:15AM-9:45AM <b>SUNDAY SOUND BATH</b> JACQUELINE N.
9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> TARA	9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	9:45AM-10:45AM <b>THE WORKOUT WITHIN</b> KATIE	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	8:30AM-9:30AM <b>HATHA FLOW (HEATED)</b> BROOKE	9:15AM-10:15AM <b>YOGA SCULPT (HEATED)</b> ARIELLE
10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	10:30AM-11:30AM <b>WATER AEROBICS</b> HOLLY	9AM-10AM <b>MAT PILATES</b> AMANDA	10AM-11AM <b>VINYASA FLOW YOGA</b> KAITLYN	9:45AM-10:45AM <b>HIIT + YOGA COMBO CLASS (HEATED)</b> MARK	10AM-11:15AM <b>ROGUE YOGA</b> JESS	10AM-11AM <b>EMBODY</b> NIKI
12PM-12:30PM <b>GUIDED MEDITATION</b> SHANDA	12PM-1PM <b>YOGA SCULPT (HEATED)</b> LAUREN (sub)	12PM-1PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	10:30AM-11:30AM <b>WATER AEROBICS</b> MICHELE	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA	10:30AM-11:30AM <b>WATER AEROBICS</b> MICHELE (sub)	10AM-10:30AM <b>MORNING MEDITATION</b> JACQUELINE N.
12PM-1PM <b>VINYASA YOGA (HEATED)</b> MARK	5PM-6PM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	5PM-5:45PM <b>BREATHE + RESTORE</b> KATHLEEN	12PM-12:30PM <b>BEGINNER PILATES</b> NIKI (sub)	12PM-1PM <b>DANCE MEDICINE</b> SHANDA	11AM-12:15PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	10:30AM-11AM <b>HIIT EXPRESS: LOWER BODY</b> ARIELLE
5PM-5:50PM <b>RESTORATIVE YOGA (HEATED)</b> KIM	6:15PM-7:15PM <b>MAT PILATES</b> MARIBETH	5:30PM-6:30PM <b>WATER AEROBICS</b> MICHELE	12PM-12:45PM <b>HIIT (HEATED)</b> TINO	12PM-1PM <b>VINYASA YOGA</b> MARK	11:30AM-12:30PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY	11AM-11:30AM <b>HIIT EXPRESS: UPPER BODY + ABS</b> ARIELLE
5:30PM-6:30PM <b>PRENATAL PILATES</b> AMANDA	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	6PM-7PM <b>CANDLELIT FLOW YOGA (HEATED)</b> KATHLEEN	6PM-7PM <b>SLOW VIBE VINYASA (HEATED)</b> ZACH	4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> GENERAL STAFF	12:45PM-1:45PM <b>YOGA RESET</b> JESS	11:15AM-12:30PM <b>SUNDAY YOGA RITUAL</b> BROOKE (sub)
5:30PM-6:30PM <b>WATER AEROBICS</b> MICHELLE (sub)		6PM-7PM <b>NEW MOON SOUND BATH</b> CAROLINE CHIESA	6PM-7PM <b>EMBODY</b> NIKI	5:30PM-6:45PM <b>GROUNDING YOGA + FLOATING SOUND BATH</b> CAROLINE CHIESA		11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE
6PM-7PM <b>AFRO BEATS SCULPT + YOGA</b> KIM			6:15PM-7PM <b>MEDITATION ACTIVATION</b> ELIZABETH JASMINE	7PM-8:15PM <b>GROUNDING YOGA + FLOATING SOUND BATH</b> CAROLINE CHIESA		12PM-1PM <b>WATER AEROBICS</b> HOLLY
6PM-7PM <b>VINYASA YOGA (HEATED)</b> KATHLEEN						

Heated Class Dance Class

30 Minute Class New Class

Aqua Class

Free Community Class

Event/Workshop

MONDAY 10/7	TUESDAY 10/8	WEDNESDAY 10/9	THURSDAY 10/10	FRIDAY 10/11	SATURDAY 10/12	SUNDAY 10/13
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM VINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM-9:30AM LIFT (HEATED) NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
12PM-12:30PM GUIDED MEDITATION SHANDA	10:30AM-11:30AM WATER AEROBICS HOLLY	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS MICHELE	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
12PM-1PM VINYASA YOGA (HEATED) MARK	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:30PM BEGINNER PILATES AMANDA	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10:30AM-11:30AM BABY + ME PILATES AMANDA	12PM-12:45PM HIIT (HEATED) TINO	10AM-10:45AM AQUA HIIT PATRICIA	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM HIIT EXPRESS: LOWER BODY ARIELLE
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM HIIT EXPRESS: UPPER BODY + ABS ARIELLE
5:30PM-6:30PM WATER AEROBICS KRISTIN	6:15PM-7:15PM CANDELEIT FLOW YOGA KAITLYN	5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM EMBODY NIKI	12PM-1PM VINYASA YOGA MARK	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	5:30PM-6:30PM WATER AEROBICS MICHELE	6PM-7PM CANDELEIT FLOW YOGA (HEATED) KATHLEEN	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN				5:30PM-6:45PM GROUNDING YOGA + FLOATING SOUND BATH CAROLINE CHIESA		12PM-1PM WATER AEROBICS HOLLY
				7PM-8:15PM GROUNDING YOGA + FLOATING SOUND BATH CAROLINE CHIESA		1PM-2PM YOGA NIDRA ASHLEY

Heated Class Dance Class

30 Minute Class New Class

Aqua Class

Free Community Class Event/Workshop

MONDAY 10/14	TUESDAY 10/15	WEDNESDAY 10/16	THURSDAY 10/17	FRIDAY 10/18	SATURDAY 10/19	SUNDAY 10/20
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM-9:30AM LIFT (HEATED) NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS HOLLY	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MICHELE	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION SHANDA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10:30AM-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT PATRICIA	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM HIIT EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	5:30PM-7PM THE VILLAGE PARENTING SERIES KARIN SANDSTRAND	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:45PM HIIT (HEATED) TINO	11:15AM-11:45AM GUIDED MEDITATION SHANDA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM HIIT EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) AMINA (sub)	12PM-1PM DANCE MEDICINE SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5:30PM-6:30PM WATER AEROBICS MICHELE	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	12PM-1PM VINYASA YOGA MARK		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM WATER AEROBICS KRISTIN		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		12PM-1:30PM HERBAL MEDICINE + MEDITATION MELANIE HARDY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6PM-7:15PM FULL MOON REIKI + CACAO INFUSED GUIDED MEDITATION SKY				12PM-1PM WATER AEROBICS HOLLY
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN						



MONDAY 10/21	TUESDAY 10/22	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26	SUNDAY 10/27
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JESS (sub)	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM-9:30AM LIFT (HEATED) NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS HOLLY	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION SHANDA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10:30AM-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT PATRICIA	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM HIIT EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:45PM HIIT (HEATED) TINO	11:15AM-11:45AM GUIDED MEDITATION SHANDA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM HIIT EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH	12PM-1PM DANCE MEDICINE SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LVI
5:30PM-6:30PM PRENATAL PILATES AMANDA	5:30PM-6:30PM WATER AEROBICS MICHELE	6PM-7PM EMBODY NIKI	6PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	12PM-1PM VINYASA YOGA MARK		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM WATER AEROBICS KRISTIN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM TAI CHI FOUNDATIONS HUZEFA		4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		12PM-1PM WATER AEROBICS MICHELE
6PM-7PM AFRO BEATS SCULPT + YOGA KIM						1PM-2PM YOGA NIDRA ASHLEY
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN						

Heated Class Dance Class

30 Minute Class New Class

Free Community Class Aqua Class

Event/Workshop

MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2	SUNDAY 11/3
8:30AM - 9:30AM 🔥 LIFT (HEATED) NIKI	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	7:15AM-8AM 🔥 PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIN (HEATED) GENERAL STAFF	8:30AM-9:30AM 🔥 HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
9AM-9:45AM 🌊 AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA	9AM-9:45AM 🌊 AQUA HIIT PATRICIA	8:30AM-9:30AM 🔥 VINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM 🔥 YOGA SCULPT (HEATED) CHELSEA	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM 🔥 YOGA SCULPT (HEATED) ARIELLE
10AM-10:45AM 🌊 AQUA HIIT PATRICIA	10:30AM-11:30AM 🌊 WATER AEROBICS HOLLY	9AM-10AM MAT PILATES AMANDA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM 🌊 AQUA HIIT PATRICIA	10:30AM-11:30AM 🌊 WATER AEROBICS MAYA	10AM-11AM EMBODY NIKI
12PM-12:30PM GUIDED MEDITATION SHANDA	12PM-1PM 🔥 YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM 🌊 AQUA HIIT PATRICIA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	11AM-12:15PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-1PM 🔥 VINYASA YOGA (HEATED) MARK	5PM-6PM 🔥 VINYASA FLOW YOGA (HEATED) KAITLYN	10:30AM-11:30AM BABY + ME PILATES AMANDA	10:30AM-11:30AM 🌊 WATER AEROBICS MICHELE	9:30AM-10:30AM KUNDALINI AMY	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:30AM-11AM 🕒 TRAIN: LOWER BODY ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM 🕒 BEGINNER PILATES AMANDA	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	12:45PM-1:45PM YOGA RESET JESS	11AM-11:30AM 🕒 TRAIN: UPPER BODY + ABS ARIELLE
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5PM-5:45PM 🕒 BREATHE + RESTORE KATHLEEN	12PM-12:45PM 🔥 TRAINI (HEATED) MORGAN (sub)	10AM-10:45AM 🌊 AQUA HIIT PATRICIA		11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM 🌊 WATER AEROBICS KRISTIN		5:30PM-7PM FALL RESET BREATHWORK KATHLEEN CURRIE	6PM-7PM 🔥 SLOW VIBE VINYASA (HEATED) ZACH	11:15AM-11:45AM GUIDED MEDITATION SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		5:30PM-6:30PM WATER AEROBICS MICHELE	6PM-7PM EMBODY NIKI	12PM-1PM 🌟 DANCE MEDICINE SHANDA		12PM-1PM 🌊 WATER AEROBICS HOLLY
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6:15PM-7PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.	12PM-1PM VINYASA YOGA MARK		1PM-2PM 🔥 VIBEY VINYASA (HEATED) ZACH
				4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN		
				6PM-7PM NEW MOON SOUND BATH JACQUELINE N.		

🔥 Heated Class
🌟 Dance Class  
🕒 30 Minute Class
🌱 New Class  
🌊 Free Community Class
🌊 Aqua Class  
🌊 Event/Workshop