

MONDAY 11/25	TUESDAY 11/26	WEDNESDAY 11/27	THURSDAY 11/28	FRIDAY 11/29	SATURDAY 11/30	SUNDAY 12/1
8:30AM - 9:30AM 🔥 LIFT (HEATED) NIKI	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAININ (HEATED) JULIE	9AM-10:15AM GRATITUDE DAY YOGA MARK	9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM 🔥 HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM 🕒 SUNDAY SOUND BATH JACQUELINE N.
9AM-9:45AM AQUA HIIT PATRICIA	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	CLOSED FOR THANKSGIVING	9AM-10AM VINYASA YOGA + SOUND BATH KARINA (sub)	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM 🔥 YOGA SCULPT (HEATED) ARIELLE
10AM-10:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA	9AM-9:45AM AQUA HIIT PATRICIA		9:45AM-10:45AM 🔥 HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MICHELE (sub)	10AM-11AM EMBODY NIKI
12PM-12:30PM GUIDED MEDITATION SHANDA 🕒	10:30AM-11:30AM WATER AEROBICS HOLLY	9AM-10AM MAT PILATES AMANDA		10AM-10:45AM AQUA HIIT PATRICIA	11AM-12:15PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM 🕒 MORNING MEDITATION JACQUELINE N.
12PM-1PM VINYASA YOGA (HEATED) MARK	12PM-1PM 🔥 YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM AQUA HIIT PATRICIA		11:15AM-11:45AM GUIDED MEDITATION SHANDA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:30AM-11AM 🕒 TRAIN EXPRESS: LOWER BODY ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	5PM-6PM 🔥 VINYASA FLOW YOGA (HEATED) KAITLYN	10:30AM-11:30AM BABY + ME PILATES AMANDA		12PM-1PM DANCE MEDICINE SHANDA	12:45PM-1:45PM YOGA RESET JESS	11AM-11:30AM 🕒 TRAIN EXPRESS: UPPER BODY + ABS ARIELLE
5:30PM-6:30PM PRENATAL YOGA KARINA	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA		12PM-1PM VINYASA YOGA MARK		11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM WATER AEROBICS KRISTIN	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	4PM-5:15PM AN AFTERNOON OF GRATITUDE + SOUND JESS HUNEYCUTT + JASON MARSALIS				11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA KIM						12PM-1PM WATER AEROBICS HOLLY
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN						1PM-2PM VIBEY VINYASA (HEATED) ZACH



MONDAY 12/2	TUESDAY 12/3	WEDNESDAY 12/4	THURSDAY 12/5	FRIDAY 12/6	SATURDAY 12/7	SUNDAY 12/8
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM-9:30AM LIFT (HEATED) NIKI	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	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA GISELLE (sub)	9AM-9:45AM AQUA HIIT PATRICIA	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
10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS HOLLY	9AM-10AM MAT PILATES JESS (sub)	10AM-11AM VINYASA FLOW YOGA KAITLYN	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION SHANDA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	10AM-10:45AM AQUA HIIT PATRICIA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM BEGINNER PILATES AMANDA	11:15AM-11:45AM GUIDED MEDITATION SHANDA	12:45PM-1:45PM YOGA RESET JESS	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:45PM RESTORATIVE YOGA (HEATED) JESS (sub)	6:15PM-7:15PM MAT PILATES MARIBETH	5PM-5:45PM BREATHE + RESTORE KARINA (sub)	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	12PM-1PM DANCE MEDICINE SHANDA		11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL YOGA KARINA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5:30PM-6:30PM WATER AEROBICS MICHELE	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	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) KARINA (sub)	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KARINA (sub)	6PM-7PM EMBODY NIKI	4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		12PM-1PM WATER AEROBICS MICHELE (sub)
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM NEW MOON SOUND BATH CAROLINE	6PM-7PM EMBODY NIKI	6PM-7PM FLOATING SOUND BATH JACQUELINE N.		1PM-2PM VIBEY VINYASA (HEATED) ZACH
			6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.			1PM-2PM YOGA NIDRA ASHLEY

- Heated Class
- Dance Class
- 30 Minute Class
- New Class
- Aqua Class
- Free Community Class
- Event/Workshop



MONDAY 12/9	TUESDAY 12/10	WEDNESDAY 12/11	THURSDAY 12/12	FRIDAY 12/13	SATURDAY 12/14	SUNDAY 12/15
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8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM-9:30AM LIFT (HEATED) NIKI	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	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA GISELLE (sub)	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10AM-11AM EMBODY NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION SHANDA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	12:45PM-1:45PM YOGA RESET JESS	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM MAT PILATES MARIBETH	10:30AM-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT PATRICIA		11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	11:15AM-11:45AM GUIDED MEDITATION SHANDA		11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL PILATES AMANDA		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	12PM-1PM DANCE MEDICINE SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM WATER AEROBICS MICHELE		5:30PM-6:30PM WATER AEROBICS MICHELE	6PM-7PM EMBODY NIKI	12PM-1PM VINYASA YOGA MARK		12PM-1PM WATER AEROBICS KIM (sub)
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.	4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN		12PM-1:30PM A HOLIDAY TEA PARTY: HERBAL MEDICINE + MEDITATION MELANIE HARDY
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM TAI CHI FOUNDATIONS HUZEFA		6PM-7PM FLOATING SOUND BATH CAROLINE		1PM-2PM VIBEY VINYASA (HEATED) ZACH
				6PM-7PM FULL MOON REIKI + CACAO MEDITATION SKY		

MONDAY 12/16	TUESDAY 12/17	WEDNESDAY 12/18	THURSDAY 12/19	FRIDAY 12/20	SATURDAY 12/21	SUNDAY 12/22
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) HOLLY (sub)	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM-9:30AM LIFT (HEATED) NIKI	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	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) JACQUELINE H. (sub)
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA GISELLE (sub)	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS HOLLY	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY HOLLY (sub)
12PM-12:30PM GUIDED MEDITATION SHANDA	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	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS HOLLY (sub)
12PM-1PM VINYASA YOGA (HEATED) MARK	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	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	11:15AM-11:45AM GUIDED MEDITATION EMELIE (sub)	2:30PM-4PM WINTER'S EMBRACE: SOLSTICE MOVEMENT HEATHER TURNER	11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		12PM-1PM WATER AEROBICS HOLLY
5:30PM-6:30PM WATER AEROBICS HOLLY (sub)		5:30PM-6:30PM WATER AEROBICS MICHELE	6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.			1PM-2PM VIBEY VINYASA (HEATED) TALIA (sub)
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN				1PM-2PM YOGA NIDRA ASHLEY
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		5:45PM-7PM CIRCLE OF BLISS: A TRANSFORMATIVE SOUND HEALING JOURNEY ASSATA JONES				

-  Heated Class
-  Dance Class
-  30 Minute Class
-  New Class
-  Aqua Class
-  Free Community Class
-  Event/Workshop

MONDAY 12/23	TUESDAY 12/24	WEDNESDAY 12/25	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28	SUNDAY 12/29	
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN		7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) EMELIE (sub)	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.	
8:30AM-9:30AM LIFT (HEATED) NIKI	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN		8:30AM-9:30AM VINYASA FLOW YOGA (HEATED) EMELIE (sub)	8:30AM-9:30AM YOGA SCULPT (HEATED) ZACH (sub)	8:30AM-9:30AM YOGA SCULPT (HEATED) ZACH (sub)	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) JENN (sub)
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA		9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	9AM-9:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-11AM EMBODY NIKI
10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELLE (sub)		10AM-11AM VINYASA FLOW YOGA EMELIE (sub)	9AM-10AM VINYASA YOGA + SOUND BATH JESS (sub)	9AM-10AM VINYASA YOGA + SOUND BATH JESS (sub)	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION EMELIE (sub)	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE		10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY HOLLY (sub)
12PM-1PM VINYASA YOGA (HEATED) MARK			12PM-12:30PM BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT PATRICIA	10AM-10:45AM AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET JESS	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS HOLLY (sub)
5PM-5:45PM RESTORATIVE YOGA (HEATED) JENN (sub)			12PM-1PM YOGA SCULPT (HEATED) CHELSEA	11:15AM-11:45AM GUIDED MEDITATION SHANDA	11:15AM-11:45AM GUIDED MEDITATION SHANDA		11:15AM-12:30PM SUNDAY YOGA RITUAL ZACH (sub)
5:30PM-6:30PM PRENATAL PILATES AMANDA			6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	12PM-1PM DANCE MEDICINE SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM WATER AEROBICS MICHELLE			6PM-7PM EMBODY NIKI	6PM-7PM EMBODY NIKI	12PM-1PM VINYASA YOGA MARK		12PM-1PM WATER AEROBICS HOLLY
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.	6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.	4:30PM-5:30PM \$8 COMMUNITY YOGA EMELIE		1PM-2PM VIBEY VINYASA (HEATED) ZACH	

-  Heated Class
-  Dance Class
-  30 Minute Class
-  New Class
-  Aqua Class
-  Free Community Class
-  Event/Workshop