



Yoga

SCHEDULE

MONDAY

7:15 - 8:15am	Studio Sculpt /85 Corie
8:30 - 9:30am	Mind/Body Flow 1 Heather
9:30 - 10:30am	Studio Power /95 Katie
10:45 - 11:45am	Chair Yoga /Studio 1 Heather
11:00 - 12:00pm	Studio Hot Fusion/105 Tony
1:30 - 2:30pm	Studio Meditation & Yin /75 Katie
6:15 - 7:15pm	Studio Flow 2 /85 Kirsten G
6:30 - 7:30pm	Mind/Body Hatha Yoga Mary
7:45 - 8:30pm	Studio Restore xP /75 Mary

TUESDAY

5:30 - 6:15am	Studio Hot xP /105 Tony
6:30 - 7:30am	Studio Yin /75 Corie
7:45 - 8:45am	Mindy/Body Mat Pilates Corie
9:30 - 10:30am	Studio HIIT Fusion /95 Denise
10:15 - 11:15am	Mind/Body Yogalates Danielle
11:00 - 12:00pm	Studio Hot /105 Tony
5:00 - 6:00pm	Mind/Body Yogalates Emily
6:15 - 7:15pm	Studio Power /95 Emily

WEDNESDAY

8:00 - 9:00am	Studio Mat Pilates /75 Gail
9:30 - 10:30am	Studio Flow 2 /85 Heather
9:15 -10:15am	Mind/Body Yogalates Katie
10:30 - 11:30am	Mind/Body Flow 1 Carrie
10:45 - 11:45am	Chair Yoga /Studio 1 Heather
1:30 - 2:30pm	Studio Meditation & Yin /75 Katie
4:30 - 5:30pm	Studio Barre Fusion /85 Beth
6:15 - 7:15pm	Studio Hot Fusion /105 Karen
6:30 - 7:30pm	Mind/Body Hatha Yoga Mary/Amy
7:45 - 8:30pm	Studio Restore xP /75 Mary/Amy

THURSDAY

5:30 - 6:15am	Studio Hot xP /105 Tony
6:30 - 7:45am	Studio Yin + /75 Karen
8:00 - 9:00am	Mind/Body Flow 1 Ashley
8:00 - 9:00am	Studio Sculpt /85 Corie
9:30 - 10:30am	Studio Power /95 Heather
9:45 - 10:45am	Mind/Body Yogalates Beth
11:00 - 12:00pm	Studio Hot /105 Tony
5:30 - 6:30pm	Pre-Post Natal Danielle
6:15 - 7:15pm	Studio Power /95 Geraldina
7:30 - 8:30pm	Studio Yin /75 Geraldina

FRIDAY

5:30 - 6:30am	Studio HIIT Fusion /105 Corie
7:30- 8:30am	Mind/Body Mat Pilates Corie
9:30 - 10:30am	Studio Power /95 Karen
9:30 - 10:30am	Mind/Body Yogalates Denise
10:45 - 11:45am	Chair Yoga /Studio 3 Erin
10:45 - 11:45am	Mind/Body Flow 1 Carrie
11:00 - 12:00pm	Studio Hot Fusion /105 Denise
12:15 - 1:15pm	Studio Meditation & Yin /75 Erin

SATURDAY

8:00 - 9:00am	Studio Sculpt /85 Jennifer
9:30 - 10:30am	Studio Flow 2 /85 Jennifer
10:45-11:45	Mind/Body Mat Pilates Kelly
11:00 - 12:00pm	Studio Hot /105 Kirsten G
12:15- 1:15pm	Studio Yin /75 Kirsten G

SUNDAY

8:00 - 9:00am	Studio Sunday Sampler /85 Denise/Kirsten G
8:15 - 9:15am	Mind/Body Flow 2 Carrie
9:15 - 10:15am	Studio Hot Fusion /105 Denise
3:00 - 4:00pm	Studio Hot Fusion /105 Denise

KEY

(75) 75 Degrees	(85) 85 Degrees
(95) 95 Degrees	(105) 105 Degrees
xP 45 min class	+ 75 min class

Winter
2026