



WINTER 2018 SCHEDULE

Visit our website for detailed class descriptions and 24-hour-a-day updates.

MONDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
6:00 am	60 min	Cycling	Cycling	Bonnie Alfonso
6:00 am	60 min	TRX	2	Stacy Jago
6:15 am	60 min	Hot Vinyasa Yoga	1	Stephanie Lynn
8:00 am	75 min	Hot Yoga - 75 Minutes	1	Lisa Reehorst
9:00 am	75 min	Vinyasa Flow	2	Amanda Jackson
10:00 am	90 min	Hot Yoga - 90 Minutes	1	Whitney Daily
10:30 am	75 min	Gentle Yoga	2	Naomi Cole
12:00 pm	60 min	Warm Yin Yang Yoga	1	Julie Schwalm
12:00 pm	60 min	Cycle & Strength	Cycling	Trish Sophiea
12:15 pm	45 min	TRX Express	2	Katie Randazzo-Erway
4:00 pm	60 min	Barre Fusion	2	Anna Premo
4:30 pm	75 min	Yoga Basics	3	Jamie Bell
5:00 pm	60 min	Hot Yoga - 60 Minutes	1	Amy Routzahn
5:30 pm	60 min	Cycling	Cycling	Chris Hughes
5:45 pm	75 min	Vinyasa Flow	2	Leslie Simionescu
6:00 pm	75 min	Gentle Yoga	3	Marlaina Norgan
6:30 pm	75 min	Inspire Yoga -75 Minutes	1	Heather Witkop
7:15 pm	60 min	Warm Yin Yoga	2	Emily Fine

TUESDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
6:00 am	60 min	Cycling	Cycling	Sara Harding
6:00 am	60 min	Vinyasa Flow	2	Laura Matchett
6:30 am	60 min	Warm Yin Yoga	1	Temple Florip
7:30 am	60 min	Detox Yoga	2	Crystal Turner
8:30 am	60 min	Hot Yoga - 60 Minutes	1	Jennifer Haase
9:15 am	90 min	Cycle + Sculpt	Cycling/2	Trish Sophiea
10:00 am	75 min	Vinyasa II/III	3	Sara Rhineland
10:00 am	60 min	Inspire Yoga - 60 Minutes	1	Amanda Jackson
11:30 am	60 min	Warm Yin Yoga	1	Sara Rhineland
12:00 pm	60 min	Yoga Sculpt	2	Ellen Whiting
1:00 pm	60 min	Gentle Yoga	3	Sara Rhineland
4:00 pm	60 min	Arms, Abs, & ASSets	2	Katie Randazzo-Erway
4:00 pm	60 min	Warm Mobility	1	Emily Fine
4:15 pm	75 min	Power Core Yoga	3	Amanda Jackson
5:15 pm	60 min	TRX	2	Stacy Jago
5:30 pm	90 min	Hot Yoga - 90 Minutes	1	Hughthir White
5:30 pm	60 min	Cycling	Cycling	Katie Tomczyk
5:45 pm	60 min	Yin & Meditation	3	Susan Makie
7:00 pm	75 min	Vinyasa Flow	3	Lisa Peacock
7:15 pm	60 min	Yoga Nidra	2	Stephanie Lynn

WEDNESDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
6:00 am	60 min	Cycling	Cycling	Kate Hogan
6:00 am	60 min	TRX	2	Stacy Jago
6:15 am	60 min	Inspire Yoga - 60 Minutes	1	Stephanie Lynn
7:30 am	60 min	Yin & Meditation	2	Becky Kalajian
8:00 am	75 min	Hot Yoga - 75 Minutes	1	Leslie Simionescu
8:45 am	75 min	Vinyasa Flow	2	Becky Kalajian
10:00 am	90 min	Hot Yoga- 90 Minutes	1	Hughthir White
10:30 am	75 min	Vin/Yin	2	Lisa Reehorst
12:00 PM	60 min	Cycling - NEW	Cycling	Jennifer Warren
12:00 pm	60 min	Gentle Yoga	2	Leslie Simionescu
12:00 pm	60 min	Hot Yoga - 60 Minutes	1	Hughthir White
4:00 pm	60 min	Hot Yoga - 60 Minutes	1	Amy Routzahn
4:15 pm	60 min	Yoga Barre	2	Naomi Cole
5:15 pm	60 min	Warm Yin Yoga	1	Temple Florip
5:30 pm	60 min	E.A.S.E. Yoga	3	Emily Fine
5:30 pm	60 min	Cycling	Cycling	Wes Sovis
5:45 pm	60 min	Vinyasa Flow	3	Julie Schwalm
6:30 pm	75 min	Inspire Yoga -75 Minutes	1	Ellen Whiting
6:45 pm	60 min	Restorative Yoga	3	June Palumbo
7:00 pm	60 min	Candlelight Vin Yin	2	Emily Fine

## THURSDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
6:00 am	60 min	Cycling	Cycling	Sara Harding
6:00 am	60 min	Vinyasa Flow	2	Liz Kirkwood
6:30 am	60 min	Warm Yin Yoga	1	Temple Florip
7:30 am	60 min	Detox Yoga	2	Jamie Bell
8:30 am	60 min	Hot Yoga - 60 Minutes	1	Lisa Reehorst
8:45 am	60 min	Gentle Yoga	2	Jamie Bell
10:00 am	60 min	Barre Fusion	2	Sara Rhineland
10:00 am	60 min	Inspire Yoga - 60 Minutes	1	Emily Modrall
11:30 am	60 min	Warm Yin Yoga	1	Emily Fine
12:15 pm	45 min	TRX Express	2	Katie Randazzo-Erway
1:00 pm	60 min	Yoga Sculpt	1	Ellen Whiting
4:00 pm	60 min	Arms, Abs, & ASSets	2	Katie Randazzo-Erway
4:15 pm	60 min	Gentle Yoga	3	Leslie Simionescu
5:15 pm	60 min	TRX	2	Stacy Jago
5:30 pm	60 min	Cycling	Cycling	Lisa Pucelik
5:30 pm	90 min	Hot Yoga - 90 Minutes	1	Whitney Daily
5:45 pm	75 min	Detox Yoga	3	Amanda Jackson
7:00 pm	75 min	Yin & Meditation	2	Leslie Simionescu

## FRIDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
6:00 am	60 min	Cycling	Cycling	Heidi Plummer
6:00 am	60 min	TRX	2	Stacy Jago
6:15 am	60 min	Hot Vinyasa Yoga	1	Stephanie Lynn
8:00 am	75 min	Warm Yin Yoga	1	Hughthir White
8:30 am	75 min	E.A.S.E. Yoga	3	Emily Fine
8:45 am	60 min	Detox Yoga	2	Julie Schwalm
9:00 am	90 min	Cycle + Sculpt	Cycling/2	Trish Sophiea
10:00 am	90 min	Hot Yoga Flow - NEW	1	Hughthir White
10:00 am	60 min	Yoga Basics	3	Sara Rhineland
11:45 am	75 min	Slow Vin/Yin	2	Sara Rhineland
12:00 pm	60 min	Gentle Yoga	3	Naomi Cole
12:00 pm	60 min	Hot Yoga-60 Minute	1	Jennifer Haase
1:30 pm	60 min	Arms, Abs, & ASSets	2	Ellen Whiting
4:15 pm	75 min	Restorative Yoga	2	Naomi Cole
4:30 pm	60 min	Hot Yoga- 60 Minutes	1	Lisa Kenny
5:30 pm	60 min	Cycling	Cycling	Wes Sovis
5:45 pm	75 min	Lavender Chill Yoga	2	Becky Kalajian
6:00 pm	75 min	Yin & Meditation	3	Julie Schwalm

## SATURDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
8:00 am	45 min	TRX Express	2	Stacy Jago
8:30 am	60 min	Gentle Yoga	3	Stephanie Lynn
9:00 am	60 min	Cycling	Cycling	Sara Harding
9:00 am	90 min	Inspire Yoga - 90 Minutes	1	Emily Fine
9:15 am	75 min	Slow Burn	2	Leslie Simionescu
10:00 am	75 min	Yin Yoga	3	Stephanie Lynn
10:45 am	60 min	Arms, Abs, & ASSets	2	Katie Randazzo-Erway
11:00 am	60 min	Hot Yoga - 60 Minutes	1	Jennifer Haase
12:30 pm	75 min	Vinyasa Flow	2	Jennifer Haase
2:30 pm	75 min	Warm Slow Vin/Yin	1	Heather Witkop
3:00 pm	75 min	Restorative Yoga	2	Emily Fine
4:00 pm	75 min	Warm Yin Yoga	1	Becky Kalajian

## SUNDAY

TIME	DURATION	CLASS	STUDIO	TEACHER
8:00 am	45 min	HIIT - Express	2	Deirdre Ring-Marrinson
8:30 am	60 min	Hot Yoga- 60 Minutes	1	Leslie Simionescu
9:00 am	60 min	Cycling	Cycling	Alternating
9:15 am	30 min	Meditation - FREE	2	Kirt Baab
10:00 am	75 min	Warm Detox Yoga	1	Matthew Lindstrom
10:15 am	75 min	Power Vinyasa Flow	2	Jennifer Haase
11:30 am	75 min	Warm Slow Vin/Yin	1	Crystal Turner
12:00 pm	60 min	Cardio Barre	2	Matthew Lindstrom
12:45 pm	75 min	Restorative Yoga	3	Kirt Baab
1:00 pm	75 min	Hot Yoga Flow	1	Hughthir White
2:30 pm	75 min	Warm Yin Yoga	1	Temple Florip