

FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					DANCE ALIVE 8:30 AM JESSICA (PAVILION)	
	CYCLE 8:45 AM TBD (DECK)		CYCLE 8:45 AM RACHEL (DECK)		CYCLE 8:45 AM MALINDA (DECK)	
STRONG NATION 9:00 AM LU (PAVILION)	LOW IMPACT STRENGTH 9:00 AM MEGHAN (PAVILION)	ATHLETIC STRENGTH 9:00 AM SUE (PAVILION)	R.I.P.P.E.D 9:00 AM AMANDA (PAVILION)	BODYWEIGHT BLAST 9:00 AM MEGHAN (PAVILION)	BODY CONDITIONING 9:30 AM JESSICA (PAVILION)	
	CYCLE PUMP 9:45 AM TBD (DECK)		CYCLE PUMP 9:45 AM RACHEL (DECK)		AQUA FITNESS 9:30 AM LORRAINE (POOL)	
PILATES FUSION 10:00 AM LU (PAVILION)	ZUMBA 10:00 AM LALEH (PAVILION)	CORE PILATES 10:00 AM SUE (PAVILION)	ZUMBA 10:00 AM LALEH (PAVILION)	HIP HOP 10:00 AM SUSAN (PAVILION)	CONTINUOUS FLOW YOGA 10:00 AM KELLEY (DECK)	
AQUA FITNESS 10:30 AM MALINDA (POOL)		AQUA FITNESS 10:30 AM MEGHAN (POOL)	AQUA FITNESS 10:30 AM MALINDA (POOL)	AQUA FITNESS 10:30 AM MEGHAN (POOL)	PILATES CONDITIONING 10:30 AM KERRY (PAVILION)	
VINYASA YOGA 11:00 AM PATRICK H. (PAVILION)	CORE PILATES 11:00 AM BRYAN (PAVILION)		CORE PILATES 11:00 AM MEGHAN (PAVILION)	VINYASA YOGA 11:00 AM PATRICK H (PAVILION)		
					GROOV3 11:30 AM KERRY (PAVILION)	QIGONG 11:15 AM TAMARA (PAVILION)
	AQUA FITNESS 4:30 PM MEGHAN (POOL)					TAI CHI 12:15 PM TAMARA (PAVILION)
RESTORATIVE PILATES 5:00 PM BRYAN (PAVILION)	BODY CONDITIONING 5:00 PM JESSICA (PAVILION)	RESTORATIVE PILATES 5:00 PM BRYAN (PAVILION)	BODY CONDITIONING 5:00 PM JESSICA (PAVILION)			ALL CLASSES ARE CURRENTLY OUTDOORS, AND ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED. MASKS MUST BE WORN AND SOCIAL DISTANCE MUST BE MAINTAINED AT ALL TIMES.
BEG. MASTER SWIM 5:30 PM KELLIE (POOL)	MASTER SWIM 5:30 PM COACH TOM (POOL)	BEG. MASTER SWIM 5:30 PM KELLIE (POOL)	MASTER SWIM 5:30 PM COACH TOM (POOL)			
CYCLE 5:45 PM DAN (DECK)		CYCLE 5:45 PM MARK B (DECK)				
HIP HOP 6:00 PM SUSAN (PAVILION)	ZUMBA 6:00 PM VANESSA (PAVILION)	ZUMBA 6:00 PM ALVIN (PAVILION)	DANCE ALIVE 6:00 PM JESSICA (PAVILION)			
	CORE PILATES 6:00 PM MARK S (DECK)		FLOW YOGA 7:00 PM JESSICA (PAVILION)			