

# FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: FEBRUARY 2021 ▶

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>MASTER SWIM</b> 7:45 AM TOM (POOL)	
<b>STRONG NATION</b> 9:00 AM LU (PAVILION)	<b>CYCLE</b> 8:45 AM TBD (DECK)		<b>CYCLE</b> 8:45 AM RACHEL (DECK)		<b>DANCE ALIVE</b> 8:30 AM JESSICA (PAVILION)	
	<b>LOW IMPACT STRENGTH</b> 9:00 AM MEGHAN (PAVILION)	<b>ATHLETIC STRENGTH</b> 9:00 AM SUE (PAVILION)	<b>R.I.P.P.E.D</b> 9:00 AM AMANDA (PAVILION)	<b>BODYWEIGHT BLAST</b> 9:00 AM MEGHAN (PAVILION)	<b>CYCLE</b> 8:45 AM MALINDA (DECK)	
	<b>CYCLE PUMP</b> 9:45 AM TBD (DECK)		<b>CYCLE PUMP</b> 9:45 AM RACHEL (DECK)		<b>BODY CONDITIONING</b> 9:30 AM JESSICA (PAVILION)	
<b>POP PILATES</b> 10:00 AM LU (PAVILION)	<b>ZUMBA</b> 10:00 AM LALEH (PAVILION)	<b>CORE PILATES</b> 10:00 AM SUE (PAVILION)	<b>ZUMBA</b> 10:00 AM LALEH (PAVILION)	<b>HIP HOP</b> 10:00 AM SUSAN (PAVILION)	<b>AQUA FITNESS</b> 9:30 AM LORRAINE (POOL)	<b>CONTINUOUS FLOW YOGA</b> 10:00 AM KELLEY (DECK)
<b>AQUA FITNESS</b> 10:30 AM MALINDA (POOL)		<b>AQUA FITNESS</b> 10:30 AM MEGHAN (POOL)	<b>AQUA FITNESS</b> 10:30 AM MALINDA (POOL)	<b>AQUA FITNESS</b> 10:30 AM MEGHAN (POOL)	<b>PILATES CONDITIONING</b> 10:30 AM KERRY (PAVILION)	
	<b>CORE PILATES</b> 11:00 AM BRYAN (PAVILION)		<b>CORE PILATES</b> 11:00 AM MEGHAN (PAVILION)		<b>GROOV3</b> 11:30 AM KERRY (PAVILION)	<b>QIGONG</b> 11:15 AM TAMARA (PAVILION)
			<b>RESTORATIVE STRENGTH</b> 12:00 PM MEGHAN (PAVILION)	<b>CYCLE</b> 12:00 PM KATIE (DECK)		<b>TAI CHI</b> 12:15 PM TAMARA (PAVILION)
<b>BEG. MASTER SWIM</b> 5:30 PM KELLIE (POOL)	<b>BODY CONDITIONING</b> 5:00 PM JESSICA (PAVILION)		<b>BODY CONDITIONING</b> 5:00 PM JESSICA (PAVILION)			
	<b>MASTER SWIM</b> 5:30 PM COACH TOM (POOL)	<b>BEG. MASTER SWIM</b> 5:30 PM KELLIE (POOL)	<b>MASTER SWIM</b> 5:30 PM COACH TOM (POOL)	<b>BEG. MASTER SWIM</b> 5:30 PM KELLIE (POOL)		
<b>CYCLE</b> 5:45 PM DAN (DECK)		<b>CYCLE</b> 5:45 PM MARK B (DECK)				
<b>HIP HOP</b> 6:00 PM SUSAN (PAVILION)	<b>CORE PILATES</b> 6:00 PM MARK S (DECK)	<b>ZUMBA</b> 6:00 PM ALVIN (PAVILION)	<b>DANCE ALIVE</b> 6:00 PM JESSICA (PAVILION)			
	<b>ZUMBA</b> 6:00 PM VANESSA (PAVILION)		<b>FLOW YOGA</b> 7:00 PM JESSICA (PAVILION)			
	<b>STRENGTH YOGA</b> 7:00 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.