

# FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>PURE POWER CYCLE</b> 7:30 AM KATE</p> <p><b>AQUA FITNESS</b> 8:15 AM SUSAN</p> <p><b>BODY POWER</b> 9:00 AM MEG</p> <p><b>REFORMER</b> 10:00 AM AUTUMN</p> <p><b>*GENTLE YOGA*</b> 11:00 AM LOAN</p>	<p><b>PURE POWER CYCLE</b> 6:00 AM KATE</p> <p><b>BALANCE &amp; CORE</b> 9:00 AM MEG</p> <p><b>CARDIO SCULPT</b> 10:00 AM MEG</p> <p><b>INT/ADV REFORMER</b> 10:00AM JENN</p> <p><b>AQUA FITNESS</b> 10:30 AM PAM</p>	<p><b>CARDIO BARRE</b> 7:00 AM AUTUMN</p> <p><b>*FLOW YOGA*</b> 8:15 AM LOAN</p> <p><b>AQUA FITNESS</b> 8:15 AM PAM</p> <p><b>CYCLE</b> 9:00 AM JENN</p> <p><b>REFORMER</b> 9:30 AM MEG</p> <p><b>*TRX STRETCH &amp; STRENGTH*</b> 10:00 AM JENN</p>	<p><b>SPEED &amp; STRENGTH CYCLE</b> 6:00 AM RIANA</p> <p><b>HIIT &amp; HILLS</b> 9:00 AM RIANA</p> <p><b>*CORE PILATES*</b> 9:00 AM JENN F.</p> <p><b>CARDIO SCULPT</b> 10:00 AM MEG</p> <p><b>INT/ADV REFORMER</b> 10:00AM JENN</p> <p><b>AQUA FITNESS</b> 10:30 AM PAM</p>	<p><b>FLOW YOGA</b> 8:15 AM LOAN</p> <p><b>SPEED &amp; STRENGTH CYCLE</b> 9:00 AM RIANA</p> <p><b>REFORMER</b> 9:30 AM MEG</p> <p><b>BOOT CAMP</b> 10:00 AM RIANA</p> <p><b>AQUA FITNESS</b> 1:00 PM CHARLES</p>	<p><b>BARRE STRENGTH</b> 8:00 AM AUTUMN</p> <p><b>PURE CYCLE</b> 8:45 AM DANIEL</p> <p><b>REFORMER</b> 9:00 AM AUTUMN</p> <p><b>BOOT CAMP</b> 9:30 AM ROTATION</p> <p><b>AQUA FITNESS</b> 10:00 AM JANE</p> <p><b>FLOW YOGA</b> 11:00 AM JANE</p> <p><b>ZUMBA</b> 12:15 AM OSCAR</p>	<p><b>HIIT &amp; HILLS</b> 8:30 AM JENNA G</p> <p><b>*ROLLER FITNESS*</b> 9:15 AM MEG</p> <p><b>AQUA FITNESS</b> 9:30 AM MARION</p> <p><b>ZUMBA</b> 10:15 AM KATHLEEN</p> <p><b>REFORMER</b> 10:30 AM MEG</p> <p><b>PLEASE NOTE:</b> CLASSES INDICATED WITH * * WILL BE HELD IN THE INDOOR GROUP FITNESS STUDIO</p>
<p><b>AQUA FITNESS</b> 1:00 PM ANDREA</p> <p><b>*ROLLER FITNESS *</b> 4:30 PM KAREN</p> <p><b>CYCLE</b> 5:30PM JENN</p> <p><b>ZUMBA</b> 6:30PM WES</p>	<p><b>CORE PILATES</b> 4:30 PM MEG</p> <p><b>REFORMER</b> 5:30 PM MEG</p> <p><b>BOOT CAMP</b> 5:30 PM AUTUMN</p> <p><b>*VINYASA YOGA*</b> 5:30 PM LOAN</p> <p><b>WANNA DANCE</b> 6:30 PM GRACE</p>	<p><b>AQUA FITNESS</b> 1:00 PM ANDREA</p> <p><b>BARRE STRENGTH</b> 4:30 PM CHARI</p> <p><b>HIIT &amp; HILLS</b> 5:30 PM KATE</p> <p><b>ZUMBA</b> 6:30 PM DESI</p>	<p><b>YOGA</b> 4:30 PM JEN</p> <p><b>U-JAM</b> 5:30 PM SAY SAY</p> <p><b>REFORMER</b> 5:30 PM MEG</p>			