

FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: JULY 2021 ▶

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>ALL TERRAIN 6:30 AM RACHEL (PAVILION)</p>					<p>MASTER SWIM 7:45 AM TOM (POOL)</p>	
<p>STRONG NATION 9:00 AM LU (PAVILION)</p>	<p>LOW IMPACT STRENGTH 9:00 AM MEGHAN (PAVILION)</p> <p>CYCLE 9:00 AM LYNDSEY (DECK)</p>	<p>ATHLETIC STRENGTH 9:00 AM SUE (PAVILION)</p>	<p>R.I.P.P.E.D 9:00 AM AMANDA (PAVILION)</p> <p>CYCLE 9:00 AM RACHEL (DECK)</p>	<p>BODYWEIGHT BLAST 9:00 AM MEGHAN (PAVILION)</p> <p>CYCLE 9:00 AM COLLEEN (DECK)</p>	<p>CYCLE 8:45 AM MELINDA (DECK)</p> <p>DANCE ALIVE 9:00 AM JESSICA (PAVILION)</p> <p>AQUA FITNESS 9:30 AM LORRAINE (POOL)</p>	<p>HIP HOP 9:00 AM KERRY (PAVILION)</p>
<p>POP PILATES 10:00 AM LU (PAVILION)</p>	<p>ZUMBA 10:00 AM LALEH (PAVILION)</p>	<p>CORE PILATES 10:00 AM SUE (PAVILION)</p>	<p>ZUMBA 10:00 AM LALEH (PAVILION)</p>	<p>HIP HOP 10:00 AM SUSAN (PAVILION)</p>	<p>BODY CONDITIONING 10:00 AM JESSICA (PAVILION)</p> <p>CONTINUOUS FLOW YOGA 10:00 AM KELLEY (STUDIO)</p>	<p>PILATES CONDITIONING 10:00 AM KERRY (PAVILION)</p>
<p>AQUA FITNESS 10:30 AM MALINDA (POOL)</p>	<p>AQUA ZUMBA 10:30 AM JULIA (POOL)</p>	<p>AQUA FITNESS 10:30 AM MEGHAN (POOL)</p>	<p>AQUA FITNESS 10:30 AM MALINDA (POOL)</p>	<p>AQUA FITNESS 10:30 AM MEGHAN (POOL)</p>		
<p>STRETCH & ROLL 11:00 AM LU (PAVILION)</p>	<p>CORE AND MORE 11:00 AM BERNADETTE (PAVILION)</p> <p>HIIT THE WATER 11:30 AM MEGHAN (POOL)</p>		<p>CORE PILATES 11:00 AM MEGHAN (PAVILION)</p>	<p>YOGA 11:00 AM MARTY (PAVILION)</p> <p>WAVE PILATES 11:30 AM MEGHAN (POOL)</p>		<p>FLOW YOGA 11:15 AM TAMARA (PAVILION)</p>
			<p>MOBILITY & STRENGTH 12:00 PM MEGHAN (PAVILION)</p> <p>BODY CONDITIONING 5:00 PM JESSICA (PAVILION)</p>			<p>CHI KUNG/ TAI CHI 12:15 PM TAMARA (PAVILION)</p>
<p>BEG. MASTER SWIM 5:30 PM KELLIE (POOL)</p> <p>CYCLE 5:45 PM DAN (DECK)</p> <p>GROOV3 6:00 PM SUSAN (PAVILION)</p> <p>ROLL WITH YOGA 7:00 PM KELLEY (STUDIO)</p>	<p>R.I.P.P.E.D 5:00 PM AMANDA (PAVILION)</p> <p>ZUMBA 6:00 PM VANESSA (PAVILION)</p> <p>MASTER SWIM 6:15 PM TOM (POOL)</p>	<p>BEG. MASTER SWIM 5:30 PM KELLIE (POOL)</p> <p>CYCLE 5:45 PM MARK B (DECK)</p> <p>FIT LAB 6:00 PM BERNADETTE (PAVILION)</p>	<p>DANCE ALIVE 6:00 PM JESSICA (PAVILION)</p> <p>MASTER SWIM 6:15 PM TOM (POOL)</p> <p>SCULPT YOGA 7:00 PM JESSICA (PAVILION)</p>	<p>BEG. MASTER SWIM 5:30 PM KELLIE (POOL)</p>		<p>PLEASE NOTE: PAVILION, DECK & POOL ARE OUTDOORS. STUDIO IS INDOORS.</p> <p>CLASSES ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED.</p> <p>MASKS MUST BE WORN INDOORS BY THOSE NOT VACCINATED.</p>