

# FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: SEPTEMBER 2021 ▶

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>ALL TERRAIN</b> 6:30 AM RACHEL</p>		<p><b>CYCLE</b> 6:15 AM ANDREA</p>			<p><b>MASTER SWIM</b> 7:45 AM TOM</p>	
<p><b>STRONG NATION</b> 9:00 AM LU</p>	<p><b>LOW IMPACT STRENGTH</b> 9:00 AM MEGHAN</p>	<p><b>ATHLETIC STRENGTH</b> 9:00 AM SUE</p>	<p><b>R.I.P.P.E.D</b> 9:00 AM AMANDA</p>	<p><b>BODYWEIGHT BLAST</b> 9:00 AM MEGHAN</p>	<p><b>DANCE ALIVE</b> 9:00 AM JESSICA</p>	<p><b>HIP HOP</b> 9:00 AM KERRY</p>
<p><b>POP PILATES</b> 10:00 AM LU</p>	<p><b>ZUMBA</b> 10:00 AM LALEH</p>	<p><b>CORE PILATES</b> 10:00 AM SUE</p>	<p><b>ZUMBA</b> 10:00 AM LALEH</p>	<p><b>HIP HOP</b> 10:00 AM SUSAN</p>	<p><b>AQUA FITNESS</b> 9:30 AM LORRAINE</p>	<p><b>PILATES CONDITIONING</b> 10:00 AM KERRY</p>
<p><b>AQUA FITNESS</b> 10:30 AM MALINDA</p>	<p><b>HEATED HIIT PILATES</b> 10:00 AM SUE</p>	<p><b>AQUA FITNESS</b> 10:30 AM MEGHAN</p>	<p><b>AQUA FITNESS</b> 10:30 AM MALINDA</p>	<p><b>AQUA FITNESS</b> 10:30 AM MEGHAN</p>	<p><b>BODY CONDITIONING</b> 10:00 AM JESSICA</p>	
<p><b>STRETCH &amp; ROLL</b> 11:00 AM LU</p>	<p><b>CORE AND MORE</b> 11:00 AM BERNADETTE</p>	<p><b>YOGA SCULPT</b> 11:00 AM PATRICK</p>	<p><b>CORE PILATES</b> 11:00 AM MEGHAN</p>	<p><b>YOGA</b> 11:00 AM MARTY</p>	<p><b>CONTINUOUS FLOW YOGA</b> 10:00 AM KELLEY</p>	<p><b>FLOW YOGA</b> 11:15 AM TAMARA</p>
	<p><b>HIIT THE WATER</b> 11:30 AM MEGHAN</p>			<p><b>WAVE PILATES</b> 11:30 AM MEGHAN</p>		
			<p><b>MOBILITY &amp; STRENGTH</b> 12:00 PM MEGHAN</p>			<p><b>CHI KUNG/ TAI CHI</b> 12:30 PM TAMARA</p>
	<p><b>BARRE STRENGTH</b> <i>(STARTS 9/21)</i> 4:00 PM VICTORIA</p>		<p><b>HIIT THE WATER</b> 4:30 PM PATRICK</p>			
<p><b>BEG. MASTER SWIM</b> 5:30 PM KELLIE</p>	<p><b>EMBODIED FLOW</b> <i>(STARTS 9/21)</i> 5:00 PM VICTORIA</p>	<p><b>BEG. MASTER SWIM</b> 5:30 PM KELLIE</p>	<p><b>BODY CONDITIONING</b> 5:00 PM JESSICA</p>	<p><b>BEG. MASTER SWIM</b> 5:30 PM KELLIE</p>		<p><b>STUDIO KEY:</b></p> <p><b>INDOOR GROUP FIT</b></p> <p><b>OUTDOOR GROUP FIT</b></p> <p><b>POOL</b></p> <p><b>OUTDOOR CYCLE</b></p>
<p><b>CYCLE</b> 5:45 PM DAN</p>	<p><b>R.I.P.P.E.D</b> 5:00 PM AMANDA</p>	<p><b>CYCLE</b> 5:45 PM MARK B</p>				
<p><b>GROOV3</b> 6:00 PM SUSAN</p>	<p><b>ZUMBA</b> 6:00 PM VANESSA</p>	<p><b>FIT LAB</b> 6:00 PM BERNADETTE</p>	<p><b>DANCE ALIVE</b> 6:00 PM JESSICA</p>			<p><b>PLEASE NOTE:</b> CLASSES ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED.</p>
<p><b>ROLL WITH YOGA</b> 7:00 PM KELLEY</p>	<p><b>MASTER SWIM</b> 6:15 PM TOM</p>		<p><b>MASTER SWIM</b> 6:15 PM TOM</p>			<p>MASKS MUST BE WORN INDOORS BY THOSE NOT VACCINATED.</p>
		<p><b>STRETCH &amp; ROLL</b> 7:00 PM BERNADETTE</p>	<p><b>YOGA SCULPT</b> 7:00 PM JESSICA</p>			