

# FORMA GYM CLASS SCHEDULE

EFFECTIVE DATE: OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>ALL TERRAIN</b> 6:30 AM RACHEL	<b>CYCLE</b> 6:15 AM ANDREA			<b>MASTER SWIM</b> 7:45 AM TOM	
<b>STRONG NATION</b> 9:00 AM LU	<b>LOW IMPACT STRENGTH</b> 9:00 AM MEGHAN	<b>ATHLETIC STRENGTH</b> 9:00 AM SUE	<b>R.I.P.P.E.D</b> 9:00 AM AMANDA	<b>CORE &amp; MORE</b> 8:00 AM COLLEEN	<b>CYCLE</b> 8:45 AM MELINDA	<b>HIP HOP</b> 9:00 AM KERRY
<b>POP PILATES</b> 10:00 AM LU	<b>CYCLE</b> 9:00 AM RACHEL		<b>CYCLE</b> 9:00 AM RACHEL	<b>BODYWEIGHT BLAST</b> 9:00 AM MEGHAN	<b>DANCE ALIVE</b> 9:00 AM JESSICA	
	<b>ZUMBA</b> 9:00 AM LALEH		<b>ZUMBA</b> 10:00 AM LALEH	<b>CYCLE</b> 9:00 AM COLLEEN	<b>AQUA FITNESS</b> 9:30 AM LORRAINE	<b>PILATES CONDITIONING</b> 10:00 AM KERRY
	<b>HEATED HIIT PILATES</b> 10:00 AM SUE	<b>CORE PILATES</b> 10:00 AM SUE	<b>AQUA FITNESS</b> 10:30 AM MALINDA	<b>HIP HOP</b> 10:00 AM SUSAN	<b>BODY CONDITIONING</b> 10:00 AM JESSICA	
<b>AQUA FITNESS</b> 10:30 AM MALINDA	<b>AQUA ZUMBA</b> 10:30 AM JULIA	<b>AQUA FITNESS</b> 10:30 AM MEGHAN	<b>CORE PILATES</b> 11:00 AM MEGHAN	<b>AQUA FITNESS</b> 10:30 AM MEGHAN	<b>CONTINUOUS FLOW YOGA</b> 10:00 AM KELLEY	
<b>STRETCH &amp; ROLL</b> 11:00 AM LU	<b>CORE &amp; MORE</b> 11:00 AM BERNADETTE	<b>YOGA SCULPT</b> 11:00 AM PATRICK		<b>YOGA</b> 11:00 AM MARTY		<b>FLOW YOGA</b> 11:15 AM TAMARA
	<b>MOBILITY &amp; STRETCH</b> 12:00 PM MEGHAN		<b>MOBILITY &amp; STRENGTH</b> 12:00 PM MEGHAN			<b>CHI KUNG/ TAI CHI</b> 12:30 PM TAMARA
	<b>BARRE STRENGTH</b> 4:00 PM VICTORIA		<b>HIIT THE WATER</b> 4:30 PM PATRICK			
	<b>EMBODIED FLOW</b> 5:00 PM VICTORIA		<b>BODY CONDITIONING</b> 5:00 PM JESSICA			
<b>BEG. MASTER SWIM</b> 5:30 PM KELLIE	<b>R.I.P.P.E.D</b> 5:00 PM AMANDA	<b>BEG. MASTER SWIM</b> 5:30 PM KELLIE		<b>BEG. MASTER SWIM</b> 5:30 PM KELLIE		
<b>CYCLE</b> 5:45 PM DAN	<b>ZUMBA</b> 6:00 PM VANESSA	<b>CYCLE</b> 5:45 PM MARK B	<b>DANCE ALIVE</b> 6:00 PM JESSICA			
<b>GROOV3</b> 6:00 PM SUSAN	<b>MASTER SWIM</b> 6:30 PM TOM	<b>FIT LAB</b> 6:00 PM BERNADETTE	<b>MASTER SWIM</b> 6:30 PM TOM			
		<b>STRETCH &amp; ROLL</b> 7:00 PM BERNADETTE	<b>YOGA SCULPT</b> 7:00 PM JESSICA			

STUDIO KEY:  
**INDOOR GROUP FIT**  
**OUTDOOR GROUP FIT**  
**POOL**  
**OUTDOOR CYCLE**

PLEASE NOTE:  
 CLASSES ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED.

MASKS MUST BE WORN INDOORS.