

# FORMA | JANUARY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>STRONG NATION</b> 9:00 AM LU</p> <p><b>CARDIO BARRE</b> 9:00 AM SARAH</p> <p><b>POP PILATES</b> 10:00 AM LU</p> <p><b>AQUA FITNESS</b> 10:30 AM MALINDA</p> <p><b>STRETCH &amp; ROLL</b> 11:00 AM LU</p>	<p><b>LOW IMPACT STRENGTH</b> 9:00 AM MEGHAN</p> <p><b>CYCLE</b> 9:00 AM RACHEL</p> <p><b>HEATED INTERVAL PILATES</b> 9:00 AM SUE</p> <p><b>ZUMBA</b> 10:00 AM LALEH</p> <p><b>AQUA ZUMBA</b> 10:30 AM JULIA</p> <p><b>CORE AND MORE</b> 11:00 AM BERNADETTE</p> <p><b>STRETCH &amp; MOBILITY</b> 12:00 PM MEGHAN</p> <p><b>R.I.P.P.E.D</b> 5:30 PM AMANDA</p> <p><b>EMBODIED FLOW</b> 5:30 PM VICTORIA</p> <p><b>MASTER SWIM</b> 6:30 PM TOM</p> <p><b>ZUMBA</b> 6:30 PM VANESSA</p>	<p><b>CYCLE</b> 6:15 AM ANDREA</p> <p><b>ATHLETIC STRENGTH</b> 9:00 AM SUE</p> <p><b>CORE PILATES</b> 10:00 AM SUE</p> <p><b>POUND</b> 10:00 AM ALYSSA-WALLIE</p> <p><b>AQUA FITNESS</b> 10:30 AM MEGHAN</p> <p><b>CONTINUOUS FLOW YOGA</b> 11:00 AM ALLYSON</p> <p><b>FIT LAB</b> 5:30 PM BERNADETTE</p> <p><b>BEG. MASTER SWIM</b> 5:30 PM KELLIE</p> <p><b>BARRE STRENGTH</b> 5:30 PM VICTORIA</p> <p><b>CYCLE</b> 5:45 PM MARK B</p> <p><b>STRETCH &amp; ROLL</b> 6:30 PM BERNADETTE</p>	<p><b>R.I.P.P.E.D</b> 9:00 AM AMANDA</p> <p><b>CYCLE</b> 9:00 AM RACHEL</p> <p><b>ZUMBA</b> 10:00 AM LALEH</p> <p><b>AQUA FITNESS</b> 10:30 AM MALINDA</p> <p><b>CORE PILATES</b> 11:00 AM MEGHAN</p> <p><b>MOBILITY &amp; STRENGTH</b> 12:00 PM MEGHAN</p> <p><b>BODY CONDITIONING</b> 5:30 PM JESSICA</p> <p><b>DANCE ALIVE</b> 6:30 PM JESSICA</p> <p><b>MASTER SWIM</b> 6:30 PM TOM</p>	<p><b>CORE AND MORE</b> 8:00 AM COLLEEN</p> <p><b>BODYWEIGHT BLAST</b> 9:00 AM MEGHAN</p> <p><b>CYCLE</b> 9:00 AM COLLEEN</p> <p><b>HIP HOP</b> 10:00 AM SUSAN</p> <p><b>AQUA FITNESS</b> 10:30 AM MEGHAN</p> <p><b>YOGA</b> 11:00 AM MARTY</p>	<p><b>MASTER SWIM NO COACH</b> 7:45 AM</p> <p><b>CYCLE</b> 8:45 AM MELINDA</p> <p><b>DANCE ALIVE</b> 9:00 AM JESSICA</p> <p><b>AQUA FITNESS</b> 9:30 AM LORRAINE</p> <p><b>BODY CONDITIONING</b> 10:00 AM JESSICA</p> <p><b>CONTINUOUS FLOW YOGA</b> 10:00 AM KELLEY</p>	<p><b>HIP HOP</b> 9:00 AM KERRY</p> <p><b>PILATES CONDITIONING</b> 10:00 AM KERRY</p> <p><b>FLOW YOGA</b> 11:15 AM TAMARA</p> <p><b>CHI KUNG/ TAI CHI</b> 12:30 PM TAMARA</p> <p><b>STUDIO KEY:</b>  <b>INDOOR GROUP FIT</b>  <b>OUTDOOR GROUP FIT</b>  <b>POOL</b>  <b>OUTDOOR CYCLE</b></p> <p><b>PLEASE NOTE:</b>  <i>Classes are 45 minutes long  UNLESS OTHERWISE NOTED.  Masks MUST be worn INDOORS.</i></p>