

F O R M A | AUGUST CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|---|---|
| <p>REFORMER** All Levels 8:45am Yuki</p> <p>MOBILITY+ STRENGTH 9:00am Dave</p> <p>HIIT+HILLS 9:00am Laurie</p> <p>REFORMER** All Levels 10:00am Yuki</p> <p>CORE PILATES 10:00am Loan</p> <p>TRX STRETCH + STRENGTH 10:00am Meg</p> <p>GENTLE YOGA 11:00am Loan</p> <p>AQUA FITNESS 1:00pm Andrea</p> <p>ROLLER FITNESS 4:30pm Karen</p> <p>TRX BOOT CAMP 4:30pm Jenn</p> <p>CYCLE 5:30pm Jenn</p> <p>BARRE STRENGTH 5:30pm Colette</p> <p>ZUMBA 6:00pm Wes</p> | <p>RHYTHM+RIDE 6:00am Tamara</p> <p>BARRE STRENGTH 9:00am Emilie</p> <p>BALANCE + CORE 9:00am Meg</p> <p>CARDIO SCULPT 10:00am Meg</p> <p>FLOW YOGA 10:00am Yuki</p> <p>REFORMER** All Levels 10:00am Autumn</p> <p>AQUA FITNESS 10:30am Pam</p> <p>RESTORATIVE STRENGTH 11:00am Yuki</p> <p>CORE PILATES 4:30pm Meg</p> <p>REFORMER** All Levels 5:30pm Karen</p> <p>VINYASA YOGA 5:30pm Loan</p> <p>WANNA DANCE 6:30pm Grace</p> | <p>MOBILITY+ STRENGTH 6:00am Dave</p> <p>FLOW YOGA 8:15am Loan</p> <p>CYCLE 9:00am Jenn</p> <p>CORE PILATES 9:15am Loan</p> <p>AQUA FITNESS 9:30am Pam</p> <p>TRX STRETCH + STRENGTH 10:00am Jenn</p> <p>REFORMER ** Int/Adv 10:00am Meg</p> <p>GENTLE YOGA 10:15am Loan</p> <p>AQUA FITNESS 1:00pm Andrea</p> <p>BARRE STRENGTH 4:30pm Chari</p> <p>HIIT + HILLS 5:30pm Jenn</p> <p>ZUMBA 6:00pm Desi</p> | <p>SPEED + STRENGTH 6:00am Riana</p> <p>REFORMER** All Levels 7:30am Yuki</p> <p>REFORMER** All Levels 8:45am Yuki</p> <p>BARRE STRENGTH 8:15am Tamara</p> <p>CORE PILATES 9:00am Jenn F.</p> <p>CARDIO SCULPT 10:00am Meg</p> <p>REFORMER All Levels 10:00am Jenn</p> <p>IYENGAR YOGA 10:00am Loan</p> <p>AQUA FITNESS 10:30am Pam</p> <p>RESTORATIVE STRENGTH 11:00am Meg</p> <p>CORE PILATES 4:30pm Loan</p> <p>TRX BOOT CAMP 4:30pm Meg</p> <p>VINYASA YOGA 5:30pm Loan</p> <p>WANNA DANCE 6:30pm Grace</p> | <p>BOOT CAMP 5:45am Jason</p> <p>FLOW YOGA 8:15am Loan</p> <p>BODY POWER 9:00am Meg</p> <p>SPEED + STRENGTH 9:00am Riana</p> <p>CORE PILATES 9:15am Loan</p> <p>REFORMER** All Levels 10:00am Meg</p> <p>BOOT CAMP 10:00am Riana</p> <p>ZUMBA 10:00am Wes</p> <p>AQUA FITNESS 1:00pm Charles</p> <p>YIN YOGA 4:30pm Michelle</p> <p>RHYTHM + RIDE 5:30pm Daniel</p> | <p>PURE CYCLE 8:00am Daniel</p> <p>CORE X ENERGIZER 9:00am Yuki</p> <p>STEP 9:30am June</p> <p>REFORMER** All Levels 10:00am Yuki</p> <p>AQUA FITNESS 9:30am Julie</p> <p>BARRE STRENGTH 10:30am Riana</p> <p>FLOW YOGA 11:15am Yuki</p> <p>ZUMBA 12:15pm Oscar</p> | <p>HIIT + HILLS 8:30am Jenna</p> <p>ROLLER FITNESS 9:15am Meg</p> <p>AQUA FITNESS 9:30am Marion</p> <p>BOOT CAMP 9:30am Jenna</p> <p>REFORMER** All Levels 10:15am Meg</p> <p>ZUMBA 10:30am Kahleen</p> |
| | | | | | <p>STUDIO KEY: INDOOR GROUP FIT OUTDOOR GROUP FIT POOL MIND BODY PILATES REFORMER **Fee Based CYCLE</p> | |