

# F O R M A | JANUARY SAN JOSE SCHEDULE

| MONDAY                                       | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY  |
|--|---|---|---|---|--|---|
|  | <b>BARRE ABOVE</b><br>8:00am<br>Kirsten                     | <b>CYCLE Speed &amp; Strength</b><br>6:15am<br>Andrea | <b>BARRE ABOVE</b><br>8:00am<br>Kirsten                     |   | <b>MASTER SWIM NO COACH</b><br>7:45am            |   |
|  | <b>CYCLE</b><br>8:00am<br>Rachel                            |   |   |   | <b>HIIT BODY SHOP</b><br>8:00am<br>Andrea        |   |
| <b>STRONG NATION</b><br>9:00am<br>Lu         | <b>HIIT BODY SHOP</b><br>9:00am<br>Bernadette               | <b>R.I.P.P.E.D.</b><br>9:00am<br>Amanda               | <b>CORE PILATES</b><br>9:00am<br>Sarah B                    | <b>FIT FACTORY</b><br>9:00am<br>Bernadette  | <b>CYCLE</b><br>9am<br>Melinda                   | <b>HIP HOP</b><br>9:00am<br>Kerry               |
| <b>CARDIO BARRE</b><br>9:00am<br>Sarah S     | <b>INTERVAL PILATES</b><br>9:00am<br>Sue                    | <b>ATHLETIC STRENGTH</b><br>9:00am<br>Sue             | <b>CYCLE</b><br>9:00am<br>Rachel                            | <b>HIP HOP</b><br>10:00am<br>Susan  | <b>DANCE ALIVE</b><br>9:00am<br>Jessica          | <b>PILATES CONDITIONING</b><br>10:00am<br>Kerry |
| <b>POP PILATES</b><br>10am<br>Lu             | <b>ABC (ARMS BOOTY &amp; CORE)</b><br>10:00am<br>Bernadette | <b>CORE PILATES</b><br>10:00am<br>Sue                 | <b>GENTLE CIRCUIT</b><br>10:00am<br>Sarah B                 | <b>AQUA FITNESS</b><br>10:30am<br>Kirsten   | <b>AQUA FITNESS</b><br>9:30am<br>Lorraine        | <b>FLOW YOGA</b><br>12noon<br>Nguyen            |
| <b>DANCE FUSION</b><br>10:00am<br>Bernadette | <b>ZUMBA</b><br>10:00am<br>Laleh                            | <b>AQUA DANCE</b><br>10.30am<br>Julia                 | <b>ZUMBA</b><br>10:00am<br>Laleh                            | <b>YOGA</b><br>11:00am<br>Marty   | <b>CONTINUOUS FLOW YOGA</b><br>10:00am<br>Kelley |   |
| <b>AQUA FITNESS</b><br>10:30am<br>Malinda    | <b>AQUA FIT</b><br>10:15am<br>William                       | <b>VINYASA YOGA</b><br>12pm<br>Daniel                 | <b>AQUA FITNESS</b><br>10:30am<br>Malinda                   |   |  |   |
|  | <b>MOBILITY STRETCH &amp; RESTORE</b><br>11:00am<br>Sue     |   | <b>MOBILITY STRETCH &amp; RESTORE</b><br>11:00am<br>Sarah B |   |  |   |
|  |   |   |   |   |  |   |
| <b>BEG MASTER SWIM</b><br>5:30pm<br>Lauren   | <b>STEP</b><br>5.30pm<br>Bernadette                         | <b>BEG MASTER SWIM</b><br>5:30pm<br>Lauren            | <b>BODY CONDITIONING</b><br>5:30pm<br>Jessica               | <b>LA BLAST DANCE</b><br>6pm<br>Kirsten / William                                 |  |   |
| <b>GROOV3</b><br>5:30pm<br>Susan             | <b>R.I.P.P.E.D.</b><br>5:30pm<br>Amanda                     | <b>FIT LAB</b><br>5:30pm<br>Bernadette                | <b>MASTER SWIM</b><br>6:30pm<br>Tom                         | <b>BALLROOM *Fee</b><br>6.30pm - 7.30pm<br>William                                |  |   |
| <b>CYCLE</b><br>5:45pm<br>Dan                | <b>MASTER SWIM</b><br>6:30pm<br>Tom                         | <b>CYCLE</b><br>5:45pm<br>Mark                        | <b>DANCE ALIVE</b><br>6:30pm<br>Jessica                     | <b>*Fee:</b><br><b>Members</b><br>\$15 drop-in, \$40 per month, \$75 couples      |  |   |
| <b>VINYASA YOGA</b><br>6:30pm<br>Nguyen      | <b>ZUMBA</b><br>6:30pm<br>Vanessa                           | <b>DRUMS ALIVE</b><br>6:30pm<br>Aeja                  | <b>POWER YOGA</b><br>7:30pm<br>Alethea                      | <b>*Fee:</b><br><b>Non-members</b><br>\$20 drop-in, \$60 per month, \$100 couples |  |   |
|  | <b>POWER YOGA</b><br>7.30pm<br>Alethea                      |   |   |   |  |   |

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