

F O R M A | OCTOBER SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HIIT BODY SHOP 6:15am Andrea	CYCLE Speed & Strength 6:15am Andrea			SWIM 7:45am Brian	
CARDIO BARRE 9:00am Sarah S	BALLET WORKOUT 9:00am William	ATHLETIC STRENGTH 9:00am Sue	CORE PILATES 9:00am Sarah B	FIT FACTORY 9:00am Bernadette	HIIT BODY SHOP 8:00am Andrea	HIP HOP 9:00am Kerry
DYNAMIC CONDITIONING 10:00am William	HIIT BODY SHOP 9:00am Bernadette	CORE PILATES 10:00am Sue	CYCLE 9:00am Kirsten	BOOT CAMP 9:00am Brandon	CYCLE 9:00am Melinda	CYCLE 9am Kirsten / Andrea
DANCE FUSION 10:00am Bernadette	INTERVAL PILATES 9:00am Sue	AQUA FIT 10:15am Kiana	R.I.P.P.E.D. 9:00am Amanda	CYCLE 10am Kirsten	DANCE ALIVE 9:00am Jessica	PILATES CONDITIONING 10:00am Kerry
AQUA FITNESS 10:30am Malinda	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	ZUMBA GOLD 11:10am Kiana	GENTLE CIRCUIT 10:00am Sarah B	CARDIO KICKBOX 10:00am Brandon	AQUA FITNESS 9:30am Lorraine	FLOW YOGA 11:00am *75 min Kirsten
Athletic Strength 11:00am William	ZUMBA 10:00am Laleh	CHAIR CONDITIONING 11:00am Sue	ZUMBA 10:00am Laleh	HIP HOP 10:00am Susan	CONTINUOUS FLOW YOGA 10:00am Chelsey	
VINYASA YOGA 12noon Vish	AQUA FIT 10:15am William	YOGA STRETCH & RESTORE 12noon Sue	AQUA FITNESS 10:30am Malinda	AQUA FITNESS 10:30am Aeja	POWER YOGA 10:30am Jessica	
CHAIR YOGA 12noon Barbara	MOBILITY STRETCH & RESTORE 11:00am Sue		MOBILITY STRETCH & RESTORE 11:00am Sarah B	YOGA 11:00am Marty	BOOT CAMP 11am Brandon	
	CHAIR CONDITIONING 12noon Aeja			CHAIR CONDITIONING 12noon Kirsten	CORE & STRETCH 12NOON Brandon	
VINYASA YOGA 5:30pm Adam	AQUA FIT 4:00PM Lorraine	VINYASA YOGA 5:30pm Chelsey				
GROOV3 5:30pm Susan	HIIT BODY SHOP 5:30pm Bernadette	FIT LAB 5:30pm Bernadette	AQUA FIT 4:00PM Lorraine			
ROAD CYCLE 5:45pm Mark	MASTER SWIM 6:30pm Kevin	ROAD CYCLE 5:45pm Melinda	STRONG 5:30pm Jessica	LA BLAST DANCE 6:00pm Kirsten		
BEG MASTER SWIM 6:30pm Kevin	RHYTHM RIDE 6:30pm Shoko	BEG MASTER SWIM 6:30pm Kevin	MASTER SWIM 6:30pm Kevin	EVERY LAST FRIDAY SALSA NIGHT *FEE 7:00pm William		
TAI CHI *FEE 6:30pm Adam	ZUMBA 6:30pm Cristian	TAI CHI *FEE 6:30pm Adam	DANCE ALIVE 6:30pm Jessica	*Drop-In Fee: Members \$10 Guests \$15		
VINYASA YOGA 6:30pm Daniel	POWER YOGA 7:30pm Allie	CORE & MORE 6.30PM Bernadette	POWER YOGA 7:30pm Kirsten			
DANCE ALIVE 7:30pm Jessica	CORE AND STRETCH 7:30pm Shoko	MIXXEDFIT 6:30pm Chai	GENTLE YOGA 7:30pm Jessica			
		VINYASA YOGA 7:30pm Adam				

STUDIO KEY:
INDOOR LARGE STUDIO
INDOOR SMALL STUDIO
INDOOR CYCLE STUDIO
OUTDOOR CYCLE DECK
OUTDOOR GROUP FIT TURF
POOL