

F O R M A | OCTOBER 2024 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 6:00am Pam	RHYTHM RIDE 6:00am Erin	MOBILITY+STRENGTH 6:00am Dave	PURE POWER 6:00am Riana	BOOT CAMP 5:45am Jason		THETAHEALING YOGA & MEDITATION 7:30am (75 Min) Laura P.
QI GONG 8:00am Jacob	SUN RISE WARRIOR 6:00am Pam	MINDFUL FLOW 8:00am Loan	SUN RISE WARRIOR 6:00am Pam	MINDFUL FLOW 8:00am Loan	PURE POWER 8:00am Erin	
MOBILITY+STRENGTH 9:00am Dave	ROLL & GO 30 7:00am Pam	TRX STRETCH +STRENGTH 9:00am Meg	ROLL & GO 30 7:00am Pam	BODY POWER 9:00am Meg	STEP 101 10/5 ONLY 8:30am June	HIIT + HILLS 8:30am Daniel
BARRE STRENGTH 9:00am Laura	OFF THE BARRE 9:00am Rosalyn	PURE POWER 9:00am Riana	BARRE STRENGTH 9:00am Linda	SPEED + STRENGTH 9:00am Riana	SHAMBHALA CONNECTION 9:00am Jane	ROLLER FITNESS 9:15am Meg
HIIT+HILLS 9:00am Laurie	CARDIO SCULPT 9:00am Meg	CORE PILATES 9:00am Loan	CARDIO SCULPT 9:00am Meg	CORE PILATES 9:00am Loan	STEP 9:00am June	AQUA FITNESS 9:30am Marion
CORE PILATES 10:00am Loan	BALANCE + CORE 10:00am Meg	AQUA FITNESS 9:30am Marion	EMBODIED PILATES 10:00am Jane	CARDIO DANCE 10:00am Wes/Oscar	AQUA FITNESS 9:30am Elena	GLUTE CAMP 9:00am Darlene
TRX STRETCH + STRENGTH 10:00am Meg	EMBODIED PILATES 10:00am Rosalyn	ABC 10:00am Riana	TRX STRETCH + STRENGTH 10:00am Meg	YOGA BARRE 10:00 am Riana	TRX BOOTCAMP 10:00am Shannon	ZUMBA 10:00am Kathleen
GENTLE YOGA 11:00am Loan	POOL POWER 10:00am Pam	GENTLE YOGA 10:00am Loan	POOL POWER 10:30am Pam	POOL POWER 10:30am Pam	MINDFUL FLOW 10:00am Jane	SUNDAY FLOW YOGA 75 10:30am (75 Min) Rotation
BARRE STRENGTH 12:00pm Tamara	MINDFUL FLOW 11:00am Linda	BARRE STRENGTH 11:00am Jamie	MINDFUL FLOW 11:00am Jane	BOSU ABS 11:00 am Meg	OFF THE BARRE 11:00am Jessica P.	
BARRE FLOW & RESTORE 1:00pm Autumn	NEURO PILATES 12:00pm Jessica F.	POWER KICKBOX 12:00pm - Jason	FUNCTIONAL BAND TRAINING 11:30am Dave	GENTLE YOGA 11:00 am Claudia	ZUMBA 12:15pm Oscar	
POWER KICKBOX 12:00pm Jason		CHAIR YOGA 12:00pm - Jane	NEURO PILATES 12:00pm Jessica F.	VINYASA FLOW 12:00 pm Rosalyn		
AQUA FITNESS 1:00pm Andrea	CORE PILATES 4:30pm Meg	AQUA FITNESS 1:00pm - Andrea	CORE PILATES 4:30pm Loan	MYOFASCIAL RELEASE 1:00 pm Rosalyn		
TRX BOOT CAMP 4:30pm Jenn	VINYASA FLOW 5:30pm Loan	OFF THE BARRE 4:30pm - Rosalyn	TRX BOOT CAMP 4:30pm Jenn	AQUA FITNESS 1:00pm Charles		
BARRE STRENGTH 4:30pm Julie	BOLLYX 5:30pm Shivani	HIIT 5:30pm Anthony	GLUTE CAMP 5:30pm Darlene	FAMILY CONSTELLATIONS 2:30pm (75 min) Kyla		
CYCLE 5:30pm Jenn	GENTLE YOGA 6:30pm Jenny	BAREFOOT PLAYGROUND 5:30pm - Yuki	VINYASA FLOW 5:30pm Loan	YIN YOGA - AROMA 5:30pm Pam		QI GONG 6:00pm Jacob
HYPNOTIC FLOW 5:30pm Kelli	POWER KICKBOX 6:30pm Jason	HIIT + HILLS 5:30pm Jennifer M	GENTLE TO YIN 6:30pm Samantha	RHYTHM RIDE 5:30pm TJ		
CARDIO DANCE 5:30pm Wes		ZUMBA 6:30pm Desi	POWER KICKBOX 7:30pm Max			
DEEP STRETCHING & BREATH WORK 6:30pm Amaru		CANDLELIGHT YOGA 6:30pm Yuki				

STUDIO KEY:
GROUP FIT
POOL
MIND BODY
CYCLE

