

# F O R M A | NOVEMBER 2024 SCHEDULE

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

**STUDIO KEY:**  
**GROUP FIT**  
**POOL**  
**MIND BODY**  
**CYCLE**

