

F O R M A | DECEMBER SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HIIT BODY SHOP 6:15am Andrea	CYCLE SPEED + STRENGTH 6:15am Andrea			MASTER SWIM 7:45am Brian	
CARDIO BARRE 9:00am Sarah S	CORE & MORE 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	CYCLE 10am Kirsten	CYCLE 9:00am Melinda	BOOT CAMP 9:00am Fermin
DANCE FUSION 10:00am Bernadette	INTERVAL PILATES 9:00am Sue	AQUA FIT 10.15am Kiana	R.I.P.P.E.D. 9:00am Amanda	HIP HOP 10:00am Susan	DANCE ALIVE 9:00am Jessica	CYCLE 9am Kirsten / Andrea
AQUA FITNESS 10:30am Malinda	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	ZUMBA GOLD 11:10am Kiana	GENTLE CIRCUIT 10:00am Sarah B	AQUA FITNESS 10:30am Aeja	CARDIO KICKBOX 9:00am Brandon	FIT LAB 10:00am Fermin
ATHLETIC STRENGTH 11:00am William	ZUMBA 10:00am Laleh	CHAIR CONDITIONING 11:00am Sue	ZUMBA 10:00am Laleh	YOGA 11:00am Marty	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
VINYASA YOGA 12noon Vish	AQUA FIT 10:15am William	YOGA STRETCH & RESTORE 12noon Sue	AQUA FITNESS 10:30am Malinda	CHAIR CONDITIONING 12noon Kirsten	CORE & STRETCH 10am Brandon	FLOW YOGA 11:00am *75 min Kirsten
CHAIR YOGA 12noon Barbara	MOBILITY STRETCH & RESTORE 11:00am Sue		MOBILITY STRETCH & RESTORE 11:00am Sarah B		CONTINUOUS FLOW YOGA 10:00am Chelsey	
	CHAIR CONDITIONING 12noon Aeja			YIN YOGA 4:30pm Kala	POWER YOGA 10:30am Jessica	
VINYASA YOGA 5:30pm Adam	HIIT BODY SHOP 5.30pm Bernadette	VINYASA YOGA 5:30pm Chelsey	STRONG 5:30pm Jessica	LA BLAST DANCE 6:00pm Kirsten		
GROOV3 5:30pm Susan	MASTER SWIM 6:30pm Kevin	FIT LAB 5:30pm Bernadette	MASTER SWIM 6:30pm Kevin	EVERY LAST FRIDAY SALSA NIGHT *FEE 7:00pm William		
ROAD CYCLE 5:45pm Mark	ZUMBA 6:30pm Cristian	ROAD CYCLE 5:45pm Mark	DANCE ALIVE 6:30pm Jessica	<i>*Drop-In Fee: Members \$10 Guests \$15</i>		
BEG MASTER SWIM 6:30pm Brian	CYCLE 6:30pm Melinda	BEG MASTER SWIM 6:30pm Brian	POWER YOGA 7:30pm Prashant			
TAI CHI 6:30pm Adam	POWER YOGA 7.30pm Allie	CORE & MORE 6.30PM Bernadette	GENTLE YOGA 7:30pm Jessica			
VINYASA YOGA 6:30pm Daniel		MIXXEDFIT 6:30pm Chai				
DANCE ALIVE 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