

# F O R M A | MAY 2025 SCHEDULE

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

