

# F O R M A | AUGUST 2025 SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY                                     | THURSDAY   | FRIDAY                                    | SATURDAY  | SUNDAY  |
|---|--|---|--|---|---|---|
| <b>TRX BOOT CAMP</b><br>5:30am<br>Shannon                   | <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>PURE POWER</b><br>8:00am<br>Erin   | <b>HIIT + HILLS</b><br>8:30am<br>Daniel                 |
| <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>MOBILITY+STRENGTH</b><br>9:00am<br>Dave                  | <b>BARRE STRENGTH</b><br>9:00am<br>Rosalyn         | <b>TRX STRETCH +STRENGTH</b><br>9:00am<br>Meg | <b>QI GONG</b><br>8:00am<br>Will                   | <b>BODY POWER</b><br>9:00am<br>Meg        | <b>STEP 101</b><br><i>*8/2 ONLY*</i><br>8:30am<br>June                                    | <b>ROLLER FITNESS</b><br>9:00am<br>Meg                  |
| <b>BARRE STRENGTH</b><br>9:00am<br>Laura                    | <b>CARDIO SCULPT</b><br>9:00am<br>Meg              | <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>HIIT+HILLS</b><br>9:00am<br>Laurie                       | <b>BALANCE + CORE</b><br>10:00am<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>EMBODIED PILATES</b><br>10:00am<br>Rosalyn      | <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>Julie  | <b>GLUTE CAMP</b><br>9:00am<br>Darlene                  |
| <b>TRX STRETCH + STRENGTH</b><br>10:00am<br>Meg             | <b>POOL POWER</b><br>10:00am<br>Pam                | <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>MINDFUL FLOW</b><br>11:00am<br>Linda            | <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>Kelli |
| <b>BARRE STRENGTH</b><br>12:00pm<br>Tamara                  | <b>FUNCTIONAL BAND TRAINING</b><br>12:00pm<br>Tais | <b>BARRE STRENGTH</b><br>11:00am<br>Riana     | <b>MINDFUL FLOW</b><br>11:00am<br>Jane             | <b>BALANCE + CORE</b><br>11:00 am<br>Meg  | <b>OFF THE BARRE</b><br>11:00am<br>Jessica P.   | <b>HIIT</b><br>11:00am<br>Jacki                         |
| <b>POWER KICKBOX</b><br>12:00pm<br>Jason                    |  | <b>POWER KICKBOX</b><br>12:00pm<br>Jason      | <b>FUNCTIONAL BAND TRAINING</b><br>11:30am<br>Dave | <b>GENTLE YOGA</b><br>11:00 am<br>Linda   | <b>ZUMBA</b><br>12:15pm<br>Lisa   |   |
| <b>AQUA FITNESS</b><br>1:00pm<br>Andrea                     | <b>CORE PILATES</b><br>4:30pm<br>Meg               | <b>CHAIR YOGA</b><br>12:00pm<br>Jane          | <b>NEURO PILATES</b><br>12:00pm<br>Jessica F.      | <b>VINYASA FLOW</b><br>12:00pm<br>Linda   | <b>STUDIO KEY:</b><br><b>GROUP FIT</b><br><b>POOL</b><br><b>MIND BODY</b><br><b>CYCLE</b> |   |
| <b>TRX BOOT CAMP</b><br>4:30pm<br>Jenn                      | <b>VINYASA FLOW</b><br>5:30pm<br>Loan              | <b>AQUA FITNESS</b><br>1:00pm<br>Rotation     | <b>CORE PILATES</b><br>4:30pm<br>Loan              | <b>AQUA FITNESS</b><br>1:00pm<br>Charles  |   |   |
| <b>BARRE STRENGTH</b><br>4:30pm<br>Julie                    | <b>BOLLYX</b><br>5:30pm<br>Shivani                 | <b>BARRE STRENGTH</b><br>4:30pm<br>Jamie      | <b>TRX BOOT CAMP</b><br>4:30pm<br>Jenn             | <b>QI GONG</b><br>4:30pm<br>Jacob         |   |   |
| <b>PURE POWER</b><br>5:30pm<br>Jenn                         | <b>RHYTHM RIDE</b><br>5:30pm<br>Jennifer           | <b>FULL BODY FITNESS</b><br>5:30pm<br>jACKI   | <b>GLUTE CAMP</b><br>5:30pm<br>Darlene             | <b>YIN YOGA - AROMA</b><br>5:30pm<br>Pam  |   |   |
| <b>POWER YOGA</b><br>5:30pm<br>Kelli                        | <b>GENTLE YOGA</b><br>6:30pm<br>Jenny              | <b>EMBODIED PILATES</b><br>5:30pm<br>Jamie    | <b>VINYASA FLOW</b><br>5:30pm<br>Loan              | <b>RHYTHM RIDE</b><br>5:30pm<br>Rico      |   |   |
| <b>CARDIO DANCE</b><br>5:30pm<br>Wes                        | <b>POWER KICKBOX</b><br>6:30pm<br>Jason            | <b>HIIT + HILLS</b><br>5:30pm<br>Jennifer M   | <b>GENTLE MEDITATIVE FLOW</b><br>6:30pm<br>Kelli   |   |   |   |
| <b>DEEP STRETCHING &amp; BREATH WORK</b><br>6:30pm<br>Amaru |  | <b>ZUMBA</b><br>6:30pm<br>Desi                | <b>POWER KICKBOX</b><br>6:30pm<br>Max              |   |   |   |
| <b>POWER BOXING</b><br>6:30pm<br>Max                        |  | <b>FLOW TO YIN</b><br>6:30pm (75 min)<br>Eric |  |   |   |   |