

F O R M A | SEPTEMBER 2025 SCHEDULE

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