

FORMA | OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA INSPIRED STRENGTH 8:00am Karishma	PILATES STRONG 6:15am (starts 10/7) Andrea	CYCLE 6:15am Andrea	BEG MASTER SWIM 6:30am Kelsey		MASTER SWIM 7:45am Rotation	
CARDIO BARRE 9:00am Sarah S	CORE & MORE 9:00am William	STRENGTH & STAMINA 9:00am Bernadette	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	CYCLE 9:00am Penni	VINYASA YOGA 8:45am (75min) Allyson	CYCLE 9:00am Diane	BOOT CAMP 9:00am Steven	CYCLE 9:00am Melinda	BOOT CAMP 9:00am Ana
DANCE FUSION 10:00am Bernadette	HIIT BODY SHOP 9:00am Bernadette	CORE PILATES 10:00am Malinda	R.I.P.P.E.D. 9:00am Amanda	CYCLE 10:00am Josh	DANCE ALIVE 9:00am Jessica	CYCLE 9:00am Rotation
AQUA FITNESS 10:30am Malinda	INTERVAL PILATES 9:00am Sue	AQUA FITNESS 10:00am Kiana	CHAIR STRENGTH & MOBILITY 10:00am Sarah B	HIP HOP 10:00am Susan	CORE & TRX 9:00am Brandon	FIT LAB 10:00am Ana
ATHLETIC STRENGTH 11:00am William	ABC (ARMS BOOTY & CORE) 10:00am Bernadette	CHAIR CONDITIONING 11:00am Malinda	ZUMBA 10:00am Laleh	AQUA FITNESS 10:30am AeJa	AQUA FITNESS 9:30am Lorraine	PILATES CONDITIONING 10:00am Kerry
VINYASA YOGA 12:00pm Vish	ZUMBA 10:00am Laleh	ZUMBA GOLD 11:10am Kiana	AQUA FITNESS 10:30am Francisco	CORE PILATES 11:00AM Sub Rotation	BOOT CAMP 10:00am Brandon	VINYASA YOGA 11:00am (75 min) Vish
CHAIR YOGA 12:00pm Barbara	AQUA FITNESS 10:15am William	VINYASA YOGA 5:30pm (75min) Eva	MOBILITY STRETCH & RESTORE 11:00am Sarah B	CHAIR CONDITIONING 12:00pm Karishma	VINYASA YOGA 10:15am (75min) Karishma	
VINYASA YOGA 5:30pm (75 min) Eva	MOBILITY STRETCH & RESTORE 11:00am Sue	FIT LAB 5:30pm Bernadette			POWER YOGA 10:30am Jessica	
GROOV3 5:30pm Susan	CHAIR CONDITIONING 12:00pm AeJa	CYCLE 5:45pm Mark	STRONG 5:30pm Jessica	YIN YOGA 4:30pm Kala		
CYCLE 5:45pm Mark	HIIT BODY SHOP 5:30pm Bernadette	BEG MASTER SWIM 6:30pm Brian	TRX CIRCUIT 6:00pm Penni	DANCE FUSION 6:00pm Team		
BEG MASTER SWIM 6:30pm Brian	BOOTCAMP 6:00pm Steven	CORE & MORE 6:30pm Bernadette	MASTER SWIM 6:30pm Kevin			
TAI CHI 6:30pm Adam	MASTER SWIM 6:30pm Kevin	TAI CHI 6:30pm Adam	DANCE ALIVE 6:30pm Jessica			
VINYASA YOGA 6:30pm Daniel	MIXXEDFIT 6:30pm Chai	ZUMBA 7:30pm Raquel	GENTLE YOGA 7:30pm Jessica			
DANCE ALIVE 7:30pm Jessica	CYCLE 6:30pm Melinda					
	GENTLE YOGA 6:30pm Liz					
	POWER YOGA 7:30pm Eva					
					STUDIO KEY: INDOOR LARGE STUDIO INDOOR SMALL STUDIO INDOOR CYCLE STUDIO OUTDOOR CYCLE DECK OUTDOOR GROUP FIT TURF POOL	