

# F O R M A | OCTOBER 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>Jacki   | <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>1st SATURDAY OF THE MONTH 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>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>SHAMBHALA CONNECTION</b><br>9:00am<br>Jane                                             | <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>STEP</b><br>9:00am<br>June                                                             | <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>AQUA FITNESS</b><br>9:30am<br>Julie                                                    | <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>TRX BOOTCAMP</b><br>10:00am<br>Shannon                                                 | <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>CORE PILATES</b><br>4:30pm<br>Meg               | <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>VINYASA FLOW</b><br>5:30pm<br>Loan              | <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>TRX BOOT CAMP</b><br>4:30pm<br>Jenn                      | <b>BOLLYX</b><br>5:30pm<br>Shivani                 | <b>AQUA FITNESS</b><br>1:00pm<br>Andrea        | <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>RHYTHM RIDE</b><br>5:30pm<br>Jennifer           | <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>GENTLE YOGA</b><br>6:30pm<br>Jenny              | <b>FULL BODY STRENGTH</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>POWER KICKBOX</b><br>6:30pm<br>Jason            | <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>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  |                                                    |                                            |                                                                                           |                                                         |
|                                                             |                                                    |                                                |                                                    |                                            | <b>STUDIO KEY:</b><br><b>GROUP FIT</b><br><b>POOL</b><br><b>MIND BODY</b><br><b>CYCLE</b> |                                                         |