

# FORMA | DECEMBER 2025

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