

# F O R M A | FEBRUARY 2026 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TRX BOOT CAMP</b> 5:30am Shannon  <b>QI GONG</b> 8:00am Jacob  <b>MOBILITY+ STRENGTH</b> 9:00am David  <b>BARRE STRENGTH</b> 9:00am Laura  <b>HIIT+HILLS</b> 9:00am Laurie  <b>CORE PILATES</b> 10:00am Loan  <b>TRX STRETCH + STRENGTH</b> 10:00am Meg  <b>GENTLE YOGA</b> 11:00am Loan  <b>POWER KICKBOX</b> 12:00pm Jason  <b>BARRE STRENGTH</b> 12:00pm Tamara  <b>AQUA FITNESS</b> 1:00pm Andrea    <b>TRX BOOT CAMP</b> 4:30pm Jenn  <b>BARRE STRENGTH</b> 4:30pm Julie  <b>PURE POWER</b> 5:30pm Jenn  <b>POWER YOGA</b> 5:30pm Eric  <b>CARDIO DANCE</b> 5:30pm Wes  <b>DEEP STRETCHING &amp; BREATH WORK</b> 6:30pm Amaru  <b>GLUTE CAMP</b> 6:30pm Darlene	<b>RHYTHM + RIDE</b> 6:00am Erin  <b>QI GONG</b> 8:00am Carolyn  <b>BARRE STRENGTH</b> 9:00am Rosalyn  <b>CARDIO SCULPT</b> 9:00am Meg  <b>BALANCE + CORE</b> 10:00am Meg  <b>EMBODIED PILATES</b> 10:00am Rosalyn  <b>POOL POWER</b> 10:00am Pam  <b>MINDFUL FLOW</b> 11:00am Linda  <b>TRX STRETCH +STRENGTH</b> 11:00am Meg  <b>FUNCTIONAL BAND TRAINING</b> 12:00pm Tais    <b>CORE PILATES</b> 4:30pm Meg  <b>VINYASA FLOW</b> 5:30pm Loan  <b>RHYTHM + RIDE</b> 5:30pm Jennifer  <b>GENTLE YOGA</b> 6:30pm Eric  <b>POWER KICKBOX</b> 6:30pm Jason	<b>MOBILITY+ STRENGTH</b> 6:00am Jacki  <b>MINDFUL FLOW</b> 8:00am Loan  <b>TRX STRETCH + STRENGTH</b> 9:00am Meg  <b>CORE PILATES</b> 9:00am Loan  <b>SPEED + STRENGTH</b> 9:00am Riana  <b>AQUA FITNESS</b> 9:30am Marion  <b>ABC</b> 10:00am Riana  <b>GENTLE YOGA</b> 10:00am Loan  <b>YOGA BARRE</b> 11:00am Riana  <b>POWER KICKBOX</b> 12:00pm Jason  <b>CHAIR YOGA</b> 12:00pm Jane  <b>AQUA FITNESS</b> 1:00pm Andrea    <b>BARRE STRENGTH</b> 4:30pm Jamie  <b>FULL BODY STRENGTH</b> 5:30pm Jacki  <b>EMBODIED PILATES</b> 5:30pm Jamie  <b>HIIT + HILLS</b> 5:30pm Jennifer M  <b>ZUMBA</b> 6:30pm Desi  <b>POWER BOXING</b> 7:30pm Max	<b>QI GONG</b> 8:00am Will  <b>PURE POWER</b> 9:00am Riana  <b>BARRE STRENGTH</b> 9:00am Linda  <b>CARDIO SCULPT</b> 9:00am Meg  <b>EMBODIED PILATES</b> 10:00am Jane  <b>TRX STRETCH + STRENGTH</b> 10:00am Meg  <b>POOL POWER</b> 10:30am Pam  <b>MINDFUL FLOW</b> 11:00am Jane  <b>FUNCTIONAL BAND TRAINING</b> 11:30am Dave  <b>NEURO PILATES</b> 12:00pm Jessica F.    <b>CORE PILATES</b> 4:30pm Loan  <b>BOOT CAMP</b> 4:30pm Darlene  <b>GLUTE CAMP</b> 5:30pm Darlene  <b>VINYASA FLOW</b> 5:30pm Loan  <b>GENTLE MEDITATIVE FLOW</b> 6:30pm Eric  <b>POWER KICKBOX</b> 6:30pm Max	<b>BOOT CAMP</b> 5:45am Jason  <b>MINDFUL FLOW</b> 8:00am Loan  <b>BODY POWER</b> 9:00am Meg  <b>HIIT + HILLS</b> 9:00am Marie  <b>CORE PILATES</b> 9:00am Loan  <b>ZUMBA</b> 10:00am Oscar  <b>BARRE STRENGTH</b> 10:00am Jamie  <b>POOL POWER</b> 10:30am Jacki  <b>BALANCE + CORE</b> 11:00am Meg  <b>GENTLE YOGA</b> 11:00am Jane  <b>CHAIR YOGA</b> 12:00pm Jane  <b>AQUA FITNESS</b> 1:00pm Charles    <b>QI GONG</b> 4:30pm Jacob  <b>YIN YOGA - AROMA</b> 5:30pm Pam  <b>RHYTHM + RIDE</b> 5:30pm Rico	<b>PURE POWER</b> 8:00am Erin  <b>STEP</b> 9:00am June  <b>SHAMBHALA CONNECTION</b> 9:00am Jane  <b>AQUA FITNESS</b> 9:30am Julie  <b>TRX BOOTCAMP</b> 10:00am Shannon  <b>MINDFUL FLOW</b> 10:00am Jane  <b>OFF THE BARRE</b> 11:00am Jessica P.  <b>ZUMBA</b> 12:15pm Lisa	<b>HIIT + HILLS</b> 8:30am Daniel  <b>ROLLER FITNESS</b> 9:00am Meg  <b>AQUA FITNESS</b> 9:30am Marion  <b>GLUTE CAMP</b> 9:00am Darlene  <b>ZUMBA</b> 10:00am Kathleen  <b>SUNDAY FLOW YOGA</b> 10:30am (75 Min) Eric  <b>HIIT</b> 11:00am Jacki
					<b>STUDIO KEY:</b> <b>GROUP FIT</b> <b>POOL</b> <b>MIND BODY</b> <b>CYCLE</b>	