

# F O R M A | APRIL CLASSES 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SCULPT &amp; FLOW</b> 8:00am Karishma	<b>PILATES STRONG</b> 6:15am - Andrea	<b>CYCLE</b> 6:15am Andrea	<b>BEG MASTER SWIM</b> 6:30am Howie	<b>FIT FACTORY</b> 9:00am Bernadette	<b>MASTER SWIM</b> 7:45am Jackie	<b>HIP HOP</b> 9:00am Kerry
<b>CARDIO BARRE</b> 9:00am Sarah S	<b>CYCLE</b> 9:00am Penni	<b>STRENGTH &amp; STAMINA</b> 9:00am Sue	<b>CORE PILATES</b> 9:00am Sarah B	<b>CIRCUIT TRAINING</b> 9:00am Penni	<b>HIIT BODY SHOP</b> 8:00am Andrea	<b>BOOT CAMP</b> 9:00am Ana
<b>DYNAMIC CONDITIONING</b> 10:00am William	<b>HIIT BODY SHOP</b> 9:00am Bernadette	<b>VINYASA YOGA</b> 8:45am (75min) Ally	<b>CYCLE</b> 9:00am Jackie	<b>CYCLE</b> 9:00am Jackie	<b>PILATES CONDITIONING</b> 8:00am Leay	<b>GLUTE LAB</b> 10:00am (30min) Ana
<b>DANCE FUSION</b> 10:00am Bernadette	<b>INTERVAL PILATES</b> 9:00am Sue	<b>CORE PILATES</b> 10:00am Sue	<b>R.I.P.P.E.D.</b> 9:00am Amanda	<b>HIP HOP</b> 10:00am Susan	<b>CYCLE</b> 9:00am Melinda	<b>PILATES CONDITIONING</b> 10:00am Kerry
<b>AQUA FITNESS</b> 10:30am Malinda	<b>ABC (ARMS BOOTY &amp; CORE)</b> 10:00am Bernadette	<b>BOOT CAMP</b> 9:00am Jackie	<b>CHAIR STRENGTH &amp; MOBILITY</b> 10:00am Sarah B	<b>AQUA FITNESS</b> 10:30am AeJa	<b>DANCE ALIVE</b> 9:00am Jessica	<b>VINYASA YOGA</b> 11:00am (75 min) Vish
<b>ATHLETIC STRENGTH</b> 11:00am William	<b>ZUMBA</b> 10:00am Laleh	<b>CORE &amp; MORE</b> 10:00am - William	<b>ZUMBA</b> 10:00am Laleh	<b>CORE PILATES</b> 11:00AM Sue	<b>CORE &amp; RESTORE</b> 9:00am Brandon	
<b>VINYASA YOGA</b> 12:00pm Vish	<b>AQUA FITNESS</b> 10:30am Riba	<b>AQUA FITNESS</b> 10:30am Kiana	<b>AQUA FITNESS</b> 10:30am Francisco	<b>CHAIR CONDITIONING</b> 11:00am Karishma	<b>AQUA FITNESS</b> 9:30am Lorraine	
<b>CHAIR YOGA</b> 12:00pm Barbara	<b>MOBILITY, STRETCH &amp; RESTORE</b> 11:00am Sue	<b>CHAIR CONDITIONING</b> 11:00am Sue	<b>MOBILITY STRETCH &amp; RESTORE</b> 11:00am Sarah B	<b>CHAIR CONDITIONING</b> 12:00pm Karishma	<b>BOOT CAMP</b> 10:00am Brandon	
<b>VINYASA YOGA</b> 5:30pm Chelsey	<b>CHAIR CONDITIONING</b> 11:00am AeJa	<b>CHAIR CONDITIONING</b> 12:00pm Sue	<b>STRONG</b> 5:30pm Jessica	<b>YIN YOGA</b> 4:30pm Kala	<b>VINYASA YOGA</b> 10:15am (75min) Karishma	
<b>GROOV3</b> 5:30pm Susan	<b>CHAIR CONDITIONING</b> 12:00pm AeJa	<b>ZUMBA GOLD</b> 12:00pm Kiana	<b>TRX CIRCUIT</b> 6:00pm Penni	<b>DANCE FUSION</b> 6:00pm Team	<b>POWER YOGA</b> 10:30am Jessica	
<b>CYCLE</b> 5:45pm Mark	<b>HIIT BODY SHOP</b> 5:30pm Bernadette	<b>VINYASA YOGA</b> 5:30pm (75min) Eva	<b>MASTER SWIM</b> 6:30pm Kevin			
<b>BEG MASTER SWIM</b> 6:30pm Brian	<b>BOOT CAMP</b> 6:00pm Ana	<b>FIT LAB</b> 5:30pm Bernadette	<b>DANCE ALIVE</b> 6:30pm Jessica			
<b>DANCE ALIVE</b> 6:30pm Jessica	<b>MASTER SWIM</b> 6:30pm Kevin	<b>CYCLE</b> 5:45pm Mark	<b>GENTLE YOGA</b> 7:30pm Jessica			
<b>TAI CHI</b> 6:30pm Adam	<b>MIXXEDFIT</b> 6:30pm Chai	<b>BEG MASTER SWIM</b> 6:30pm Brian	<b>MINDFUL MEDITATION</b> 7:00pm Dianne			
<b>YIN YOGA</b> 7:30pm Jessica	<b>CYCLE</b> 6:30pm Melinda	<b>CORE &amp; MORE</b> 6:30pm Bernadette				
	<b>GENTLE YOGA</b> 6:30pm Liz	<b>TAI CHI</b> 6:30pm Adam				
	<b>POWER YOGA</b> 7:30pm Eva	<b>ZUMBA</b> 7:30pm Raquel				

**STUDIO KEY:**  
**INDOOR LARGE STUDIO**  
**INDOOR SMALL STUDIO**  
**INDOOR CYCLE STUDIO**  
**OUTDOOR CYCLE DECK**  
**OUTDOOR GROUP FIT TURF**  
**POOL**