

# FORMA | MAY CLASSES 2026

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

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