

F O R M A | MAY 2026 SCHEDULE

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