

F O R M A | JULY 2026 SCHEDULE

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