

HealthSPORT
 Healthy. Fit. You.
 300 Community Park Way
 Arcata, CA 95521
 (707)822-3488
 www.HealthSPORT.com

Studio I August 2008

Please make arriving early part of your practice. If you are unable to arrive early, please enter the studio as quietly as possible.

Hours
 Mon-Fri 5:00am-10:00pm
 Sat/Sun 7:00am-8:00pm

updated: 7/21/08

MON	TUES	WED	THUR	FRI	SAT	SUN
	7:30-8:55am Multi Level Yoga Don		7:30-8:55am Multi Level Yoga Don		8:30-9:55am Multi Level Yoga Janet	8:30-9:55am Level 2/3 Forrest Yoga Janine
8:30-9:45am Multi Level Yoga Flow Danielle	9:00-9:55am Yoga Deborah	8:30-9:45am Multi Level Yoga Flow Danielle	9:00-9:55am Yoga Deborah	8:30-9:55am Multi Level Yoga Flow Sierra	10:00-11:30am Yoga Flow Level 2/3 Danielle	10:00-11:30am Yoga Hilary
10:00-10:55am Sit & Fit Sue	10:00-10:55am Gentle Yoga Deborah	10:00-10:55am Yoga Lucera	10:00-10:55am Gentle Yoga Deborah	10:00-10:55am Sit & Fit Valerie		
11:00-12:25pm Level 1/2 Forrest Yoga Janine	11:00-12:25pm Level 2/3 Forrest Yoga Janine	11:00-11:55pm Yoga Jodie	11:00-12:25pm Level 2/3 Forrest Yoga Janine	11:00-11:55pm Yoga Jodie		4:00-5:30pm Gentle Yoga Danielle
		12:15-1:45pm Yoga MS Melissa \$		12:00-12:45pm BabySPORT Jodie \$	<p>Class Descriptions</p> <p>Yoga – Classic yoga, attention to alignment & breath, sustained poses</p> <p>Yoga Flow – A vigorous & more challenging yoga, flowing from pose to pose</p> <p>Gentle Yoga – Longer sustained poses for deeper relaxation for all levels</p> <p>Forrest Yoga – By Master Ana Forrest, emphasis on core strength & breath</p> <p>Sit & Fit – Sit and be fit, increasing strength endurance & flexibility</p>	
3:00-4:25pm Yoga for Chronic Pain Melissa \$						
4:30-5:45pm Karate Kids \$		4:30-5:45pm Karate Kids \$				
6:00-7:00pm Yoga Flow Lucera	5:30-7:00pm Multi Level Forrest Yoga Janine	6:00-7:00pm Yoga Flow Lucera	5:30-7:00pm Multi Level Forrest Yoga Janine			
7:15-8:45pm Yoga Deborah	7:30-9:00pm Yoga Flow Danielle	7:15-8:45pm Yoga Deborah	7:30-9:00pm Yoga Flow Danielle			