

721 S. Fortuna Blvd.
Fortuna, CA 95540
(707) 725-9484
www.healthsport.com

Fortuna HealthSPORT

November 2008

GroupX Studio

Club Hours
Mon-Fri - 5am-9pm
Sat-Sun - 8am-6pm

MON	TUE	WED	THUR	FRI	SAT	SUN
5:30-6:25am Cycle Circuit Susan A.	5:30-6:25am Body Blast Susan A.	5:30-6:25am Cycle Circuit Susan A.	5:30-6:25am Body Blast Susan A.	5:30-6:25am Cycle Circuit Donna	Kids Korner Hours M-F - 8:45am-12:00pm M-Th - 5:00-7:00pm Sat - 9:00-11:00am	
8:30-8:55am Step Start Susan J		8:30-8:55am Step Start Susan J				
9:00-9:55am Step Susan J	8:45-9:25am Cycling Dean	9:00-9:55am Step Susan J	8:45-9:25am Cycling Dean	9:00-9:55am Step Marty	9:00-9:55am Cycle Circuit Dean	
	9:30-10:25am Body Blast Joe		9:30-10:25am Body Blast Joe		10:00-10:55am Body Blast Floyd	
10:30-11:25am Fit For Life Becky		10:30-11:25am Fit For Life Becky		10:30-11:25am Fit For Life Becky	12:00-5:00pm Birthday Parties	12:00-5:00pm Birthday Parties
					 "Every day do something that will inch you closer to a better tomorrow" 	
4:30-5:25pm Youth Conditioning Cole 8-15 yrs		4:30-5:25pm Youth Conditioning Jordan 8-15 yrs				
	5:00-5:55pm Cycling Rachele		5:00-5:55pm Cycling Rachele	5:00-5:55pm Cycling Rachele		
6:15-7:10pm Power Conditioning Cole	6:00-6:55pm Cardio Kickboxing Laura	6:15-7:10pm Power Conditioning Cole	6:00-6:55pm Cardio Kickboxing Jamie			

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Mind-Body Studio

Club Hours
 Mon-Fri - 5am-9pm

MON	TUE	WED	THUR	FRI
	9:00-9:55am Pilates Reformer II Holly (\$)		9:00-9:55am Pilates Reformer II Holly (\$)	Kids Korner Hours M-F - 8:45am-12:00pm M-Th - 5:00-7:00pm Sat - 9:00-11:00am
10:00-10:30am Tai Chi Susan J	10:00-10:30am Parent Child Yoga Tiffany	10:00-10:55am Pilates Mat I Diana		10:00-10:55am Pilates Mat I Diana
	10:30-11:55am Yoga Tiffany		10:30-11:55am Yoga Tiffany	
		4:00-4:30pm Youth Yoga Rachel		
5:00-6:15pm Basic Yoga Rachel	6:00-6:55pm Breakdance Hakim	5:00-6:15pm Basic Yoga Rachel	6:00-6:55pm Hip-Hop Hakim	6:00-6:30pm Gymnastics

HardCORE Studio

MON	TUE	WED	THUR	FRI	"Every day do something that will inch you closer to a better tomorrow"
5:30-6:30am Optimum Fitness Jamie \$		5:30-6:30am Optimum Fitness Jamie \$			
9:00-10:00am Optimum Fitness Jamie \$		9:00-10:00am Optimum Fitness Jamie \$			
5:00-6:00pm Optimum Fitness Joe \$		5:00-6:00pm Optimum Fitness Joe \$			