

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

Fortuna HealthSPORT

November 2008

Mind-Body Studio

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

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	
5:30-6:30am Optimum Fitness Jamie \$		5:30-6:30am Optimum Fitness Jamie \$			"Every day do something that will inch you closer to a better tomorrow"
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 \$			