

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

Studio II November 2008

*Pilates Bellydance Fusion
 6 week session
 Nov 4, 11, 18 and
 Dec 2, 9, 16
 See Service Desk for sign up

Hours

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

updated: 10/27/08

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00-6:55am Level I Reformer Abra \$		6:00-6:55am Level I Reformer Abra \$			<p>*Sample Classes</p> <p>Ab Challenge: 30 minutes towards flatter, firmer abs. Mon 9:30 & Wed 8:30am</p> <p>Friday Burn: Cardio workout for the weekend. Fri 11:00am (starts Nov 7)</p>	
	8:00-8:55am Fundamental Mat Jason	8:30-9:00am *Ab Challenge Cheri	8:00-8:55am Fundamental Mat Jason	8:30-9:25am Level I Reformer Cheri \$ no class 11/28		
9:30-10:00am *Ab Challenge Shoshanna	9:00-9:55am Level I Mat Jason <i>in gym</i>		9:00-9:55am Level I Mat Jason <i>in gym</i>			
10:00-10:55am Level I Mat Shoshanna	10:00-10:55am Pilates/Belly Dance Fusion Shoshanna \$ 6 week session*		10:00-10:55am Multi-Level Reformer Cheri \$	10:00-10:55am Level I Mat Abra		
				11:00-11:55am Friday Burn Cheri starts 11/7		
	12:00-12:55pm MVe Fitness Chair Small Group Rachel \$ <i>in Gym</i>				<p><u>Paid Classes (\$)</u></p> <p>Small Group Training: 4-8 members ensures sessions are customized to each member. Instructor approval required for all level II and above groups.</p> <p>Level I – Beginning level Level II – Intermediate level Level III – Intermediate & advanced level</p> <p>Power Pilates – Intermediate Mat/ Reformer/Apparatus combo class. Instructor approval required.</p> <p>ACE – Prep course for the ACE Personal Training Certification Exam</p>	
	4:30-5:25pm Power Mat Kindra		4:30-5:25pm Power Mat Kindra			
	5:30-6:25pm Level I Mat/Reformer Kindra \$	5:30-6:25pm Level II/III Power Pilates Cheri \$	5:30-6:25pm Level II Mat/Reformer Kindra \$			