

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

Studio I

November

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: 10/16/08

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 Level 2/3 Yoga Flow Danielle	10:00-11:30am Yoga Don
10:00-10:55am Sit & Fit Sue	10:00-10:55am Gentle Yoga Deborah	10:00-10:55am Yoga Jason	10:00-10:55am Gentle Yoga Deborah	10:00-10:55am Sit & Fit Val		
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 \$		12:00-12:30pm BabySPORT Jodie \$	Class Descriptions Yoga – Classic yoga, attention to alignment & breath, sustained poses Yoga Flow – A vigorous & more challenging yoga, flowing from pose to pose Gentle Yoga – Longer sustained poses for deeper relaxation for all levels Forrest Yoga – By Master Ana Forrest, emphasis on core strength & breath Primal Yoga – Enliven the primal energy with breath, sound, movement and stillness Power Yoga – A vigorous workout with focus on strength and flexibility	
3:00-4:25pm Yoga for Chronic Pain Melissa \$				2:00-3:30pm School Groups		
4:30-5:45pm Karate Kids \$		4:30-5:45pm Karate Kids \$				
6:00-7:00pm Yoga Deborah	5:30-7:00pm Multi Level Forrest Yoga Janine	6:00-7:00pm Yoga Lucera	5:30-7:00pm Multi Level Forrest Yoga Janine	5:30-7:00pm Primal Yoga Paula		
7:00-8:30pm Gentle Yoga Deborah	7:30-9:00pm Power Yoga Danielle	7:00-8:30pm Gentle Yoga Lucera	7:30-9:00pm Power Yoga Danielle			