

ARCATA GYMNASIUM

December 2018



Club Hours

Mon-Fri 5:00am - 10:00pm
Sat-Sun 7:00am - 8:00pm
HealthSPORT.com

Kids Korner Hours

Mon-Fri: 8:15am - 1:00pm
Mon-Fri: 4:00pm - 7:30pm
Sat-Sun: 8:15am - 12:30pm

MONDAY

Strength & Cond.	8:00-8:50 AM	Bri
STRONG ZUMBA	9:00-9:50am	Cory
Power Pump	10:00-10:50am	Roshan
Silver Sneakers	11:00-11:50am	Valerie
Adult Basketball	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Dancehall	5:30-6:20pm	Mo

TUESDAY

Power Pump	6:00-6:50am	Christina
Power Pump	8:30-9:20am	Roshan
Cycle Strength	9:00-9:50am	Pam
DanzUrbano	10:00-10:50am	Mimi
Lite Strength	11:00-11:50am	Anya
Open Gym	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Soul Line Dance	5:30-6:20pm	Dionna

WEDNESDAY

Power Pump	8:00-8:50am	Roshan
ZUMBA	9:00-9:50am	Cory
Power Pump	10:00-10:50am	Roshan
Silver Sneakers	11:00-11:50am	Valerie
Adult Basketball	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Dance Fit	5:30-6:20pm	Jovonne

THURSDAY

Power Pump	6:00-6:50am	Christina
Power Pump	8:30-9:20am	Roshan
Cycle Strength	9:00-9:50am	Pam
DanzUrbano	10:00-10:50am	Mimi
Lite Strength	11:00-11:50am	Angie
Open Gym	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Dancehall	5:30-6:20pm	Mo

FRIDAY

Power Pump	8:00-8:50am	Roshan
STRONG ZUMBA	9:00-9:50am	Cory
Power Pump	10:00-10:50am	Roshan
Adult Basketball	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Dance Fit	5:30-6:20pm	Jovonne

SATURDAY

Step	9:30-10:20am	Marcella
ZUMBA	10:30-11:20am	Cory
Youth Parties (\$)	12:00-5:00pm	

SUNDAY

Step	9:30-10:20am	Marcella
AfroBeat	10:30-11:20am	Dionna
Youth Parties (\$)	12:00-5:00pm	

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Sat-Sun: 8:15am - 12:30pm

MONDAY

Vinyasa Flow	8:30-9:55am	Ali
BUTI YOGA	10:00-10:50am	Amethyst
Forrest Yoga <i>Level 1-2</i>	11:00-12:25pm	Janine
Cycle Strength	12:00-12:50pm	Jamie
Karate Kids (\$)	4:30-5:45pm	
Hatha Yoga	6:00-6:50pm	Alecia
Pilates Mat	7:00-7:50pm	Jason

TUESDAY

Pilates Fundamental Mat	8:00-8:50am	Jason
Pilates Mat	9:00-9:50am	Jason
Gentle Yoga	10:00-10:50am	Jenni
Forrest Yoga <i>Level 2-3</i>	11:00am-12:25pm	Janine
Pilates Mat	4:30-5:20pm	Traci E.
BUTI YOGA	6:00-6:50pm	Hailee

WEDNESDAY

Vinyasa Flow	8:30-9:55am	Ali
BUTI YOGA	10:00-10:50am	Amethyst
Slow Flow	11:00-11:50am	Tracy J.
Cycle Strength	12:00-12:50pm	Bri
Karate Kids (\$)	4:30-5:45pm	
Power Flow	6:00-7:15pm	Kendra
Pilates Mat	7:30-8:20pm	Jason

THURSDAY

Pilates Fundamental Mat	8:00-8:50am	Jason
Pilates Mat	9:00-9:50am	Jason
Slow Flow	10:00-10:50am	Jenni
Forrest Yoga <i>Level 2-3</i>	11:00am-12:25pm	Janine
Pilates Mat	4:30-5:20pm	Traci E.
Forrest Yoga <i>Level 1</i>	5:30-6:55pm	Janine

FRIDAY

Gentle Yoga	8:30-9:55am	Krista
BUTI YOGA	10:00-10:50am	Hailee
Vinyasa Flow	11:00am-12:25pm	Jenni
Cycle & Flow	12:00-12:50pm	Jamie
Flow & Restore	5:30-6:55pm	Kendra

SATURDAY

Vinyasa Flow	8:30-9:55am	Janet
Pilates Mat	10:00-10:50am	Jandy
Power Flow	11:00am-12:25pm	Ali
Youth Parties (\$)	1:00-5:00pm	

SUNDAY

Forrest Yoga <i>Level 2-3</i>	8:30-9:55am	Janine
Bliss Yoga	10:00-11:30am	Francis
BUTI YOGA	12:00-12:50pm	Krystal
Youth Parties (\$)	1:00-5:00pm	



ARCATA CYCLE STUDIO

December 2018



Club Hours

Mon-Fri 5:00am - 10:00pm

Sat-Sun 7:00am - 8:00pm

HealthSPORT.com

Kids Korner Hours

Mon-Fri: 8:15am - 1:00pm

Mon-Fri: 4:00pm - 7:30pm

Sat-Sun: 8:15am - 12:30pm

MONDAY

Cycling	6:00-6:50am	Bill
Cycling	9:00-9:50am	Bri
Cycle Strength	12:00-12:50pm	Jamie
Cycling	5:30-6:20pm	Travis

TUESDAY

Cycling	6:00-6:50am	Julie
Cycle Strength	9:00-9:50am	Pam W.
Cycling	5:30-6:20pm	Tracy J.

WEDNESDAY

Cycling	6:00-6:50am	Bill
Cycling	9:00-9:50am	Jamie
Cycle Strength	12:00-12:50pm	Bri
Cycling	5:30-6:20pm	Cindy

THURSDAY

Cycling	6:00-6:50am	Julie
Cycle Strength	9:00-9:50am	Pam W.
Reserved for HCMTB	4:00-5:00pm	
Cycling	5:30-6:20pm	Julie

FRIDAY

Cycling	6:00-6:50am	Bill
Cycling	9:00-9:50am	Laura M.
Cycle & Flow	12:00-12:50pm	Jamie

SATURDAY

Cycling	9:00-9:50am	Rachael
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