

FORTUNA GROUPX STUDIO

January 2019

Club Hours

Mon-Fri 5:00am - 9:00pm
Sat-Sun 8:00am - 6:00pm
HealthSPORT.com

Jungle Gym Hours

Mon-Fri 8:45am - 12:00pm

MONDAY

Strength & Cond.	5:30-6:20am	Susan
Cycling	9:00-9:50am	Selena
Silver Sneakers	10:30-11:20am	Elaine
Sculpt	5:30-6:20pm	Bekah

TUESDAY

Cardio Blast	5:30-6:20pm	Susan
Sculpt	9:00-9:50am	Liz
Lite Strength	10:30-11:20am	Amanda
Cycling	5:30-6:20pm	Selena

WEDNESDAY

Strength & Cond.	5:30-6:20am	Susan
Cycling	9:00-9:50am	Selena
Silver Sneakers	10:30-11:20am	Amanda
Sculpt	5:30-6:20pm	Bekah

THURSDAY

Cardio Blast	5:30-6:20am	Susan
Sculpt	9:00-9:50am	Liz
Cycling & Abs	5:30-6:20pm	Laura

FRIDAY

Silver Sneakers	10:30-11:20am	Amanda
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SATURDAY

Cardio Blast	8:30-9:20am	Beth / Elaine
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SUNDAY

No Classes

HealthSPORT

1023 Main Street • (707) 725.9484



FORTUNA MIND/BODY STUDIO

January 2019

Club Hours

Mon-Fri 5:00am - 9:00pm
Sat-Sun 8:00am - 6:00pm
HealthSPORT.com

Jungle Gym Hours

Mon-Fri 8:45am - 12:00pm

MONDAY

Pilates Reformer (\$)	9:00-9:45am	Aimee
*Pilates Mat (Barre Studio)	10:00-10:50am	Aimee
RESERVED	4:00-5:20pm	Tang Soo Do
Vinyasa Yoga	5:30-6:50pm	Karla
RESERVED	7:30-9:00pm	Tang Soo Do

TUESDAY

Vinyasa Yoga	10:30-11:50am	Che
Pilates Reformer (\$)	5:30-6:20pm	Aimee
*Barre (Barre Studio)	6:30-7:20pm	Aimee

WEDNESDAY

Pilates Reformer (\$)	9:00-9:45am	Aimee
Pilates Reformer (\$)	10:00-10:45am	Elaine
*Barre (Barre Studio)	10:00-10:50am	Aimee
RESERVED	4:00-5:20pm	Tang Soo Do
ZUMBA	5:30-6:50pm	Johanna
RESERVED	7:30-9:00pm	Tang Soo Do

THURSDAY

Vinyasa Yoga	10:30-11:50am	Che
Pilates Reformer (\$)	5:30-6:20pm	Aimee
*Barre (Barre Studio)	6:30-7:20pm	Aimee

FRIDAY

*Pilates Mat (Barre Studio)	10:00-10:50am	Aimee
Pilates Reformer (\$)	10:00-10:50am	Elaine
ZUMBA	6:00-6:50pm	Johanna

SATURDAY

Vinyasa Yoga	10:30-11:50am	Steph
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SUNDAY

No Classes

** These classes will be held in the new Barre studio*

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