



MONDAY

Strength & Cond.	8:00-8:50am	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
Dance Fusion	10:00-10:50am	Stephanie P.
Lite Strength	11:00-11:50am	Anya
Open Gym	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Dance Fusion	5:30-6:20pm	Stephanie P.

WEDNESDAY

Strength & Cond.	8:00-8:50am	Amethyst
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
Dance Fusion	10:00-10:50am	Stephanie P.
Lite Strength	11:00-11:50am	Tara W.
Open Gym	12:00-2:00pm	
Open Gym	3:00-4:00pm	
ZUMBA	5:30-6:20pm	Tigger
Boxing (\$)	7:00-7:50pm	Tyson

FRIDAY

Strength & Cond.	8:00-8:50am	Amethyst
STRONG ZUMBA	9:00-9:50am	Cory
Power Pump	10:00-10:50am	Roshan
Silver Sneakers	11:00-11:50am	Tara W.
Adult Basketball	12:00-2:00pm	
Open Gym	3:00-4:00pm	
Dance Fit	5:30-6:20pm	Jovonne
Boxing (\$)	7:00-7:50pm	Tyson

SATURDAY

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

SUNDAY

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



ARCATA MIND/BODY

March 2020



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

Vinyasa Flow	8:30-9:55am	Ali
BUTI YOGA	10:00-10:50am	Amethyst
Forrest Yoga Level 1-2	11:00-12:25pm	Janine
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 Level 2-3	11:00am-12:25pm	Janine
Pilates Mat	4:30-5:20pm	Miho
BUTI YOGA	6:00-6:50pm	Gabrielle

WEDNESDAY

Vinyasa Flow	8:30-9:55am	Ali
BUTI YOGA	10:00-10:50am	Krystal
Feel Good Yoga	11:00-11:50am	Abra
Karate Kids (\$)	4:30-5:45pm	
Power Flow	6:00-7:15pm	Kendra

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 Level 2-3	11:00am-12:25pm	Janine
Pilates Mat	4:30-5:20pm	Miho
Forrest Yoga Level 1	5:30-6:55pm	Janine

FRIDAY

Vinyasa Flow	8:30-9:55am	Krista
BUTI YOGA	10:00-10:50am	Gabrielle
Vinyasa Flow	11:00am-12:25pm	Jenni
Cycle & Flow	12:00-1:00pm	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 Level 2-3	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	

HealthSPORT

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ARCATA CYCLING

March 2020



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	Mona
Cycling	9:00-9:50am	Bri
Cycle Strength	12:00-12:50pm	Xia
Cycling	5:30-6:20pm	Tina

TUESDAY

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

WEDNESDAY

Cycle Strength	6:00-6:50am	Mona
Cycling	9:00-9:50am	Xia
Cycle Strength	12:00-12:50pm	Bri
Cycling	5:30-6:20pm	Mary

THURSDAY

Cycling	6:00-6:50am	Jolly
Cycle Strength	9:00-9:50am	Pam W.
RESERVED	4:00-5:00pm	HCMTB
Cycling	5:30-6:20pm	Tara W.

FRIDAY

Cycling	9:00-9:50am	Pam W.
Cycle & Flow	12:00-1:00pm	Jamie

SATURDAY

Cycling	9:00-9:50am	Tara W.
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