

ARCATA GROUPX & OUTDOOR TRAINING

May 2021

Club Hours

Mon-Fri: 5:00am-8:00pm

Sat: 9:00am-5:00pm

Sun: 9:00am-1:00pm

MONDAY

Power Pump (indoor)	10:00-10:45am	Cori
Forrest Yoga*	11:00-12:00pm	Janine
Cycle Strength*	12:15-1:00pm	Jamie
HSPFit Kids (\$)*	3:30-4:15pm	Sarah
DanceFit*	5:30-6:15pm	Jovonne

TUESDAY

Cycling*	9:00-9:45am	Julie
Hatha Yoga	9:00-10:00am	Francis
Dance Fusion*	10:00-10:45am	Stephanie
Everyday Strength (\$)	11:00-11:45am	Val
Yoga Sculpt*	12:15-1:00pm	Jamie
Cycling*	5:30-6:15pm	Mona
Dance Fusion	5:30-6:15pm	Stephanie

WEDNESDAY

Power Pump (indoor)	10:00-10:45am	Cori
Cycle Strength*	12:15-1:00pm	Jamie
HSPFit Kids (\$)*	3:30-4:15pm	Sarah
DanceFit*	5:30-6:15pm	Jovonne
Align & Flow Yoga	5:30-6:30pm	Janet

THURSDAY

Power Pump (indoor)	6:00-6:45am	Christina
Cycling*	9:00-9:45am	Sarah
Dance Fusion*	10:00-10:45am	Stephanie
Everyday Strength (\$)	11:00-11:45am	Val
Cycling*	5:30-6:15pm	Mona

FRIDAY

Pilates Mat	8:00-8:45am	Cheri
Vinyasa Yoga*	10:00-11:00am	Jenni
Cycling*	12:15-1:00pm	Jamie

SATURDAY

Pilates Barre Fusion	9:00-9:45am	Cheri
Vinyasa Yoga*	10:00-11:00am	Heather

SUNDAY

Forrest Yoga*	10:00-11:15am	Janine
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* Classes will be held outside, weather permitting.

* Bring your own mat. Limited Yoga props available.

HealthSPORT

300 Martin Luther King Jr. Way • (707) 822.3488

