

# ARCATA GROUPX & OUTDOOR TRAINING

JULY 2021

*Club Hours*  
Mon-Fri: 5:00am-8:00pm  
Sat: 9:00am-5:00pm  
Sun: 9:00am-1:00pm

## MONDAY

|                            |               |         |
|----------------------------|---------------|---------|
| Cycling                    | 6:00-6:45am   | Laura   |
| Intermediate Reformer (\$) | 9:00-9:45am   | Cheri   |
| HSP Aqua (\$)              | 9:00-9:45am   | Casse   |
| Forrest Yoga               | 11:00-12:00pm | Janine  |
| Cycle Strength             | 12:15-1:00pm  | Jamie   |
| Dance Fit                  | 5:30-6:15pm   | Jovonne |
| Athletic Reformer (\$)     | 5:30-6:15pm   | Cheri   |

## WEDNESDAY

|                |               |         |
|----------------|---------------|---------|
| Cycling        | 6:00-6:45am   | Laura   |
| HSP Aqua (\$)  | 9:00-9:45am   | Casse   |
| Gentle Yoga    | 10:00-11:00am | Abra    |
| Cycle Strength | 12:15-1:00pm  | Jamie   |
| Dance Fit      | 5:30-6:15pm   | Jovonne |
| Align & Flow   | 5:30-6:30pm   | Janet   |

## TUESDAY

|                            |               |           |
|----------------------------|---------------|-----------|
| Cycling                    | 9:00-9:45am   | Sarah     |
| Intermediate Reformer (\$) | 9:00-9:45am   | Stephanie |
| Hatha Yoga                 | 9:00-10:00am  | Francis   |
| Dance Fusion               | 10:00-10:45am | Stephanie |
| Everyday Strength (\$)     | 11:00-11:45am | Val       |
| All Levels Reformer (\$)   | 12:00-12:45pm | Cheri     |
| HSPFit Kids Age 8-11 (\$)  | 3:30-4:15pm   | Sarah     |
| Dance Fusion               | 5:30-6:15pm   | Stephanie |
| Cycling                    | 5:30-6:15pm   | Mona      |
| Beginning Reformer (\$)    | 5:30-6:15pm   | Miho      |

**HealthSPORT**

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



# ARCATA GROUPX & OUTDOOR TRAINING

JULY 2021

*Club Hours*  
Mon-Fri: 5:00am-8:00pm  
Sat: 9:00am-5:00pm  
Sun: 9:00am-1:00pm

## THURSDAY

|                            |               |              |
|----------------------------|---------------|--------------|
| Power Pump                 | 6:00-6:45am   | Christina    |
| Cycling                    | 9:00-9:45am   | Sarah        |
| Intermediate Reformer (\$) | 9:00-9:45am   | Stephanie    |
| Dance Fusion               | 10:00-10:45am | Stephanie    |
| Everyday Strength (\$)     | 11:00-11:45am | Val          |
| Yoga Flow                  | 11:00-12:00pm | Stephanie P. |
| Reformer/Barre (\$)        | 12:00-12:45pm | Cheri        |
| HSPFit Kids Age 8-11 (\$)  | 3:30-4:15pm   | Sarah        |
| Cycling                    | 5:30-6:15pm   | Mona         |
| Beginning Reformer (\$)    | 5:30-6:15pm   | Miho         |

## SUNDAY

|                      |               |          |
|----------------------|---------------|----------|
| Step (No Class 7/25) | 9:30-10:15am  | Marcella |
| Zumba (Starts 7/25)  | 10:30-11:15am | Jamie    |
| Forrest Yoga         | 10:00-11:15am | Janine   |

## FRIDAY

|                            |               |       |
|----------------------------|---------------|-------|
| Cycling                    | 9:00-9:45am   | Pam   |
| HSP Aqua Starts 7/16 (\$)  | 9:00-9:45am   | Casse |
| Intermediate Reformer (\$) | 9:00-9:45am   | Cheri |
| Vinyasa Yoga               | 10:00-11:00am | Jenni |
| Cycling                    | 12:15-1:00pm  | Jamie |

## SATURDAY

|                      |               |          |
|----------------------|---------------|----------|
| Pilates Barre Fusion | 9:00-9:45am   | Cheri    |
| Step (No Class 7/24) | 9:30-10:15am  | Marcella |
| Jumpboard (\$)       | 10:00-10:45am | Cheri    |
| Buti Yoga            | 10:00-11:00am | Tara     |
| Zumba (Starts 7/17)  | 10:30-11:15am | Jessica  |

**HealthSPORT**

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

