

EUREKA TRAINING & CLASSES

JULY 2021

Club Hours

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

Sat & Sun: 8:00am-1:00pm

MONDAY

Cycling	5:30-6:15am Julie
C3 (\$)	4:30-5:15pm Megan
Reformer	9:00-9:45am Janice
Everyday Strength	10:30-11:15am Laura
HSPFit SG	12:00-12:45pm Laura
Vinyasa Yoga	5:30-6:30pm Christine

TUESDAY

Everyday Strength (\$)	11:00-11:45am Casse
Pilates Mat	8:30-9:15am Cheri
Beginning Reformer (\$)	10:00-10:45am Cheri/Laura
HSPFit Kids Age 8-11 (\$)	2:30-3:15pm Jeremiah
7/10 (\$)	6:00-6:45pm Jeremiah
Jumpboard	12:00-12:45pm Janice

WEDNESDAY

Cycling	5:30-6:15am Julie
Hatha Yoga	9:30-10:30am Francis
C3 (\$)	4:30-5:15pm Megan
Vinyasa Yoga	5:30-6:30pm Christine
Reformer	9:00-9:45am Janice
Everyday Strength	10:30-11:15am Laura
HSPFit SG	12:00-12:45pm Laura

THURSDAY

Pilates Mat	8:30-9:15am Cheri
Beginning Reformer (\$)	10:00-10:45am Cheri/Laura
Everyday Strength (\$)	11:00-11:45am Casse
HSPFit Kids Age 8-11 (\$)	2:30-3:15pm Jeremiah
7/10 (\$)	6:00-6:45pm Jeremiah
Jumpboard	12:00-12:45pm Janice

HealthSPORT

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