

ARCATA GROUPX & OUTDOOR CLASSES

September 2021

Club Hours

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

Sat: 9:00am-5:00pm

Sun: 9:00am-1:00pm

MONDAY

Forrest Yoga	11:00am-12:00pm	Janine
Cycle Strength	12:15-1:00pm	Jamie
Dance Fit	5:30-6:15pm	Jovonne
Warrior Rhythm	5:30-6:15pm	Rebecca

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
Dance Fusion	5:30-6:15pm	Stephanie
Cycling	5:30-6:15pm	Mona

WEDNESDAY

Cycling	6:00-6:45am	Laura
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

THURSDAY

Power Pump	6:00-6:45am	Christina
Cycling	9:00-9:45am	Julie
Dance Fusion	10:00-10:45am	Stephanie
Everyday Strength (\$)	11:00-11:45am	Val
Yoga Flow	11:00am-12:00pm	Stephanie P.
Cycling	5:30-6:15pm	Mona
Pilates Barre Fusion	5:30-6:15pm	Cheri

FRIDAY

Cycling	9:00-9:45am	Pam
Vinyasa Yoga	10:00-11:00am	Jenni
Cycling	12:15-1:00pm	Delaney

SATURDAY

Pilates Barre Fusion	9:00-9:45am	Cheri
Step <small>No class on 9/11, 9/18, 9/25</small>	9:30-10:15am	Marcella
Buti Yoga	10:00-11:00am	Tara
Zumba	10:30-11:15am	Jessica

SUNDAY

Step	9:30-10:15am	Marcella
Forrest Yoga	10:00-11:15am	Janine
Zumba	10:30-11:15am	Jamie K.

*** Classes in blue will be held outside, weather permitting**

*** Bring your own mat, limited Yoga props available**

HealthSPORT

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