

# ARCATA WEEKDAY INDOOR & OUTDOOR CLASSES

Fall 2021

Club Hours

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

Sat: 9:00am-5:00pm

Sun: 9:00am-1:00pm

## MONDAY

HS50 Training (\$)	9:00-9:50am	Chris
HSP Aqua (\$)	9:00-9:45am	Casse
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
HS50 Training (\$)	5:30-6:20pm	Joe

## TUESDAY

HS50 Training (\$)	9:00-9:50am	Chris
Cycling	9:00-9:45am	Sarah
Hatha Yoga	9:00-10:00am	Francis
Dance Fusion	10:00-10:45am	Stephanie
Everyday Strength (\$)	11:00-11:45am	Val
HS50 Kids (\$)	3:30-4:20pm	Sarah
Pilates Mat	5:30-6:15pm	Cheri
Dance Fusion	5:30-6:15pm	Stephanie
Cycling	5:30-6:15pm	Mona
HS50 Training (\$)	5:30-6:20pm	Joe

## WEDNESDAY

HS50 Training (\$)	9:00-9:50am	Chris
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
HS50 Training (\$)	5:30-6:20pm	Joe
Align & Flow	5:30-6:30pm	Janet

## THURSDAY

Power Pump	6:00-6:45am	Christina
HS50 Training (\$)	9:00-9:50am	Chris
Cycling	9:00-9:45am	Sarah
Dance Fusion	10:00-10:45am	Stephanie
Everyday Strength (\$)	11:00-11:45am	Val
Yoga Flow	11:00am-12:00pm	Stephanie P.
HS50 Kids (\$)	3:30-4:20pm	Sarah
Cycling	5:30-6:15pm	Mona
Pilates Barre Fusion	5:30-6:15pm	Cheri
HS50 Training (\$)	5:30-6:20pm	Joe

## FRIDAY

Cycling	9:00-9:45am	Pam
HS50 Training (\$)	9:00-9:50am	Chris
HSP Aqua (\$)	9:00-9:45am	Casse
Vinyasa Yoga	10:00-11:00am	Jenni
Cycling	12:15-1:00pm	Delaney
HS50 Training (\$)	5:30-6:20pm	Joe

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

\* Bring your own mat, limited Yoga props available

**HealthSPORT**

300 Martin Luther King Jr. Way • (707) 822-3488



# ARCATA WEEKEND INDOOR & OUTDOOR CLASSES

Fall 2021

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

Sat: 9:00am-5:00pm

Sun: 9:00am-1:00pm

## SATURDAY

Pilates Mat	9:00-9:45am	Jandy
Step No class on 10/2	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.

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available

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