

EUREKA GROUPX CLASSES

Fall 2021

Club Hours

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

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

FITNESS STUDIO

MONDAY

Cycling	5:30-6:15am	Julie
HS50 Training (\$)	8:30-9:20am	Leo

TUESDAY

Everyday Strength (\$)	11:00-11:45am	Casse
HS50 Training (\$)	6:00-6:50pm	Jeremiah

WEDNESDAY

Cycling	5:30-6:15am	Julie
HS50 Training (\$)	8:30-9:20am	Leo
Cycling	6:30-7:15pm	Ashley

MIND/BODY STUDIO

MONDAY

Vinyasa Yoga	5:30-6:30pm	Christine
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TUESDAY

Pilates Mat	8:30-9:15am	Cheri
Zumba	5:30-6:15pm	Casse

WEDNESDAY

Hatha Yoga	9:30-10:30am	Francis
Vinyasa Yoga	5:30-6:30pm	Christine

THURSDAY

Everyday Strength (\$)	11:00-11:45am	Casse
HS50 Training (\$)	6:00-6:50pm	Jeremiah

FRIDAY

HS50 Training (\$)	8:30-9:20am	Leo
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SATURDAY & SUNDAY

Visit www.ClubWEB.live

THURSDAY

Pilates Mat	8:30-9:15am	Cheri
Zumba	5:30-6:15pm	Casse

FRIDAY, SATURDAY, SUNDAY

Visit www.ClubWEB.live

HealthSPORT

3441 Pennsylvania Ave • (707) 443-3488

