



MONDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Barre Fusion	10:15-11:00am	McKinleyville	Cheri
All Levels Reformer (\$) <i>Starts 10/11</i>	5:30-6:15pm	By the Bay	Laura

THURSDAY

Pilates Mat	8:30-9:15am	Eureka	Cheri
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Jumpboard (\$)	12-12:45pm	By the Bay	Sydney
Pilates Barre Fusion	5:30-6:15pm	Arcata	Cheri

TUESDAY

Pilates Mat	8:30-9:15am	Eureka	Cheri
Intermediate Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Jumpboard (\$)	12-12:45pm	By the Bay	Janice
Pilates Mat	5:30-6:15pm	Arcata	Cheri

FRIDAY

Intermediate Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice

SATURDAY

Pilates Mat	9:00-9:45am	Arcata	Jandy
Cardio Reformer (\$)	10-10:45am	Arcata	Cheri

WEDNESDAY

Beginning Reformer (\$)	9:00-9:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Mat	10:00-10:45am	McKinleyville	Angie
All Levels Reformer (\$) <i>Starts 10/11</i>	5:30-6:15pm	By the Bay	Shannon

Arcata

300 Martin Luther King Jr. Way
Arcata CA 95521
(707) 822.3488

By the Bay

411 First Street
Eureka CA 95501
(707) 268.8220

Eureka

3441 Pennsylvania Ave.
Eureka CA 95501
(707) 443.3488

Fortuna

1023 Main Street
Fortuna CA 95540
(707) 725.9484

McKinleyville

1500 Anna Sparks Way
McKinleyville CA 95519
(707) 839.9800