

EUREKA GROUP 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
---------	-------------	-------

TUESDAY

Everyday Strength (\$)	11:00-11:45am	Casse
------------------------	---------------	-------

HS50 Training (\$)	6:00-6:50pm	Jeremiah
--------------------	-------------	----------

WEDNESDAY

Cycling	6:30-7:15pm	Ashley
---------	-------------	--------

MIND/BODY STUDIO

MONDAY

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

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, SATURDAY, SUNDAY

Visit www.ClubWEB.live

THURSDAY

POP Pilates®	8:30-9:15am	Rebecca
--------------	-------------	---------

Zumba	5:30-6:15pm	Casse
-------	-------------	-------

FRIDAY, SATURDAY, SUNDAY

Visit www.ClubWEB.live

HealthSPORT

3441 Pennsylvania Ave • (707) 443-3488

