

EUREKA GROUP CLASSES

Winter 2022

Club Hours

Mon-Fri: 5:00am-10:00pm

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

MONDAY

Cycling	5:30-6:15am	Julie
Pilates Mat	10:00-10:45am	Ginger
Vinyasa Yoga	5:30-6:30pm	Christine

TUESDAY

Pilates Mat	8:30-9:15am	Cheri
Aqua Zumba	9:30-10:15am	Marla
BARRE Reformer (\$)	10:00-10:45am	Ginger
Everyday Strength	11:00-11:45am	Casse
Aqua Conditioning	12:00-12:45pm	Casse
Zumba	5:30-6:15pm	Casse
HS50 Training (\$)	6:00-6:50pm	Jacob

WEDNESDAY

Cycling	5:30-6:15am	Julie
Hatha Yoga	9:30-10:30am	Francis
Cycling	5:30-6:15pm	Ashley
Vinyasa Yoga	5:30-6:30pm	Christine

THURSDAY

Pilates Mat	8:30-9:15am	Ginger
Aqua Zumba	9:30-10:15am	Marla
Everyday Strength	11:00-11:45am	Casse
Aqua Conditioning	12:00-12:45pm	Casse
Zumba	5:30-6:15pm	Casse
HS50 Training (\$)	6:00-6:50pm	Jacob

FRIDAY

BARRE Reformer (\$)	10:00-10:45am	Ginger
---------------------	---------------	--------

SATURDAY

Cycling <i>Starts Jan. 15</i>	9:00-9:45am	Julie
----------------------------------	-------------	-------

SUNDAY

Visit www.ClubWEB.live

HealthSPORT

3441 Pennsylvania Ave • (707) 443-3488

