

ARCATA INDOOR & OUTDOOR CLASSES

Winter 2022

Club Hours

Mon-Fri: 5:00am-9:00pm

Sat & Sun: 9:00am-5:00pm

MONDAY

HS50 Training (\$)	9:00-9:50am	Chris
Aqua Conditioning	9:00-9:45am	Casse
Forrest Yoga	11:00am-12:00pm	Janine
Cycle Strength	12:15-1:00pm	Stephanie
Dancehall Cardio	5:30-6:15pm	Mo
HS50 Training (\$)	5:30-6:20pm	Joe
Align & Flow	5:30-6:30pm	Janet

TUESDAY

Cycling <i>Starts March 1</i>	5:45-6:30am	Laura B.
Power Pump	6:00-6:45am	Christina
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
Pilates Mat <i>Starts Feb. 8</i>	12:15-1:00pm	Jamie
Dance Fusion	5:30-6:15pm	Stephanie
Cycling	5:30-6:15pm	Mona
HS50 Training (\$)	5:30-6:20pm	Joe
Vinyasa Yoga	5:30-6:30pm	Rebecca

WEDNESDAY

HS50 Training (\$)	9:00-9:50am	Chris
Aqua Conditioning	9:00-9:45am	Casse
Gentle Yoga	10:00-11:00am	Abra
Cycle Strength	12:15-1:00pm	Jamie
Dancehall Cardio	5:30-6:15pm	Mo
HS50 Training (\$)	5:30-6:20pm	Joe
Align & Flow	5:30-6:30pm	Janet

THURSDAY

Cycling <i>Starts March 3</i>	5:45-6:30am	Laura B.
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.
Pilates Mat <i>Starts Feb. 10</i>	12:15-1:00pm	Jamie
Cycling	5:30-6:15pm	Mona
HS50 Training (\$)	5:30-6:20pm	Joe
Hatha Yoga	5:30-6:30pm	Francis

* 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



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FRIDAY

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

SATURDAY

Pilates Mat	9:00-9:45am	Jandy
Step	9:30-10:15am	Marcella
HS50 Training (\$) <i>Starts Jan. 8</i>	10:00-10:50am	Cori
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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