

# ARCATA INDOOR & OUTDOOR CLASSES

Summer 2022

Club Hours

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

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

## MONDAY

Vinyasa Yoga	8:30-9:45am	Ali
HS50 Training (\$)	9:00-9:50am	Cori
Aqua Conditioning	9:00-9:45am	Casse
Forrest Yoga	11:00am-12:15pm	Janine
Cycle Strength	12:15-1:00pm	Stephanie
Zumba	5:30-6:15pm	Ruth
HS50 Training (\$)	5:30-6:20pm	Joe
Align & Flow	5:30-6:30pm	Janet

## TUESDAY

Cycling	5:45-6:30am	Laura B.
Power Pump	6:00-6:45am	Christina
HS50 Training (\$)	9:00-9:50am	Cori
Cycling	9:00-9:45am	Philip
Hatha Yoga	9:00-10:00am	Francis
Dance Fusion	10:00-10:45am	Stephanie
Everyday Strength	11:00-11:45am	Val
Pilates Mat	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	5:30-6:45pm	Rebecca

## WEDNESDAY

Vinyasa Yoga	8:30-9:45am	Ali
HS50 Training (\$)	9:00-9:50am	Cori
Aqua Conditioning	9:00-9:45am	Casse
Cycle Strength <i>Starts 6/8</i>	9:00-9:45am	Susan
Gentle Yoga	10:00-11:00am	Abra
Cycle Strength	12:15-1:00pm	Stephanie
Zumba	5:30-6:15pm	Ruth
HS50 Training (\$)	5:30-6:20pm	Joe
Align & Flow	5:30-6:30pm	Janet

## THURSDAY

Cycling	5:45-6:30am	Laura B.
Power Pump	6:00-6:45am	Christina
HS50 Training (\$)	9:00-9:50am	Cori
Cycling	9:00-9:45am	Philip
Dance Fusion	10:00-10:45am	Stephanie
Everyday Strength	11:00-11:45am	Val
Yoga Flow	11:00am-12:00pm	Stephanie P.
Pilates Mat	12:15-1:00pm	Jamie
Cycling	5:30-6:15pm	Cindy
HS50 Training (\$)	5:30-6:20pm	Joe
Chair Yoga For Restful Sleep	5:30-6:30pm	Francis

- \* Bring your own mat, limited Yoga props available
- \* Booking classes to reserve a spot is recommended

**HealthSPORT**

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## FRIDAY

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

## SATURDAY

Pilates Mat	9:00-9:45am	Jandy
Cycling	9:30-10:15am	Sunny
Step	9:30-10:15am	Marcella
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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