

ARCATA INDOOR & OUTDOOR CLASSES

Spring 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 |
| Buti Yoga | 10:00-11:00am | Gabrielle |
| 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 | 5:30-6:30pm | Rebecca |

WEDNESDAY

| | | |
|--------------------|---------------|-----------|
| Vinyasa Yoga | 8:30-9:45am | Ali |
| HS50 Training (\$) | 9:00-9:50am | Cori |
| Aqua Conditioning | 9:00-9:45am | Casse |
| 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 Studio Location Reserved for HCMTB | 4:15-5:15pm | |
| 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 |
| Cycling | 12:15-1:00pm | Delaney |
| Pilates Barre Fusion <i>Starts 5/13</i> | 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. |

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

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