

BY THE BAY GROUP CLASSES

Spring 2022

Club Hours

Mon-Thurs: 8:00am-6:00pm

Fri: 8:00am-4:00pm

Sat-Sun: Closed

MONDAY

HS50 Training (\$)	12:00-12:50pm	Sydney
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TUESDAY

Vinyasa Yoga <i>Starts 5/24</i>	10:30-11:45am	Christine
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HS50 Training (\$)	12:00-12:50pm	Sydney
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WEDNESDAY

HS50 Training (\$)	12:00-12:50pm	Sydney
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THURSDAY

HS50 Training (\$)	12:00-12:50pm	Sydney
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Power Flow	5:30-6:30pm	Rebecca
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FRIDAY

HS50 Training (\$)	12:00-12:50pm	Sydney
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*** Booking classes to reserve a spot is recommended**

HealthSPORT

411 First Street in Old Town • (707) 268-8220

