

EUREKA GROUP CLASSES

Summer 2022

Club Hours

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

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

MONDAY

| | | |
|-------------------|---------------|-----------|
| Cycling | 5:30-6:15am | Julie |
| Pilates Mat | 9:00-9:45am | Ginger |
| Everyday Strength | 11:00-11:45am | Laura |
| Cycle Strength | 5:30-6:15pm | Barbara |
| Vinyasa Yoga | 5:30-6:45pm | Christine |

TUESDAY

| | | |
|--------------------------------|---------------|------------------|
| 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 |
| Dance Fusion | 5:30-6:15pm | Stefani & Phuong |
| Cardio Splash (\$) 7/26-9/1 | 5:30-6:20pm | Casse |

WEDNESDAY

| | | |
|-------------------|---------------|-----------|
| Cycling | 5:30-6:15am | Julie |
| Hatha Yoga | 9:30-10:30am | Francis |
| Everyday Strength | 11:00-11:45am | Laura |
| Cycling | 5:30-6:15pm | Savannah |
| Vinyasa Yoga | 5:30-6:45pm | 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 |
| Dance Fusion | 5:30-6:15pm | Stefani & Phuong |
| Cardio Splash (\$) 7/26-9/1 | 5:30-6:20pm | Casse |

FRIDAY

| | | |
|----------------------|-------------|--------|
| Pilates Barre Fusion | 9:00-9:45am | Ginger |
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SATURDAY

| | | |
|--------------|-------------|------|
| Vinyasa Yoga | 8:30-9:30am | Tara |
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HealthSPORT

3441 Pennsylvania Ave • (707) 443-3488

