



## MONDAY

Reformer (\$)	8:00-8:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Mat	9:00-9:45am	Eureka	Ginger
Power CORE	10:00-10:30am	McKinleyville	Angie
Reformer Fundamentals (\$)	10:00-10:45am	Arcata	Jamie
TRX Pilates (\$) Starts Aug. 29	11:00-11:45am	Arcata	Jamie
Reformer (\$)	5:30-6:15pm	By the Bay	Laura
Pilates Bootcamp (\$) Aug. 1 - Sept 23.	6:15-7:05pm	Fortuna	Bekah
Hot Pilates Barre	5:30-6:15pm	McKinleyville	Ellie

## TUESDAY

Pilates Mat	8:30-9:15am	Eureka	Ginger
Athletic Reformer (\$)	9:00-9:45am	Arcata	Stephanie
BARRE Reformer (\$) Starts Aug. 30	11:00-11:45am	Arcata	Stephanie
Cardio Reformer(\$)	12:00-12:45pm	By the Bay	Janice
Pilates Mat	12:15-1:00pm	Arcata	Jamie
Reformer (\$)	4:30-5:15pm	McKinleyville	Angie
Reformer (\$)	5:30-6:15pm	Arcata	Roshan

## WEDNESDAY

Reformer (\$)	8:00-8:45am	Arcata	Cheri
All Levels Reformer (\$)	9:00-9:45am	By the Bay	Janice
Reformer Fundamentals (\$)	10:00-10:45am	Arcata	Jamie
Pilates Mat	10:00-10:45am	McKinleyville	Angie
Reformer (\$)	5:30-6:15pm	By the Bay	Laura
Pilates Bootcamp (\$) Aug. 1 - Sept 23.	6:15-7:05pm	Fortuna	Bekah

## THURSDAY

Pilates Mat	8:30-9:15am	Eureka	Ginger
Athletic Reformer (\$)	9:00-9:45am	Arcata	Stephanie
Booty Burn (\$) Starts Sept. 1	11:00-11:45am	Arcata	Jamie
Cardio Reformer(\$)	12:00-12:45pm	By the Bay	Janice
Pilates Mat	12:15-1:00pm	Arcata	Jamie
Reformer (\$)	4:30-5:15pm	McKinleyville	Angie
Reformer (\$)	5:30-6:15pm	Arcata	Roshan

**\* Booking classes to reserve a spot is recommended**



## FRIDAY

Reformer (\$)	9:00-9:45am	Arcata	Laura
Reformer (\$)	9:00-9:45am	By the Bay	Janice
Pilates Barre Fusion	9:00-9:45am	Eureka	Ginger
Pilates Barre Fusion	5:30-6:15pm	Arcata	Ellie

## SATURDAY

Pilates Mat	9:00-9:45am	Arcata	Jandy
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**\* Booking classes to reserve a spot is recommended**

### Arcata

300 Martin Luther King Jr. Way  
Arcata CA 95521  
(707) 822.3488

### By the Bay

411 First Street  
Eureka CA 95501  
(707) 268.8220

### Eureka

3441 Pennsylvania Ave.  
Eureka CA 95501  
(707) 443.3488

### Fortuna

1023 Main Street  
Fortuna CA 95540  
(707) 725.9484

### McKinleyville

1500 Anna Sparks Way  
McKinleyville CA 95519  
(707) 839.9800