

# BY THE BAY GROUP CLASSES

Fall 2022

*Club Hours*

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

Fri: 8:00am-4:00pm

Sat-Sun: Closed

## MONDAY

Reformer (\$)	9:00-9:45am	Janice
HS50 Training (\$) <i>Metabolic Mashup</i>	12:00-12:50pm	Sydney
Reformer (\$)	5:30-6:15pm	Laura

## TUESDAY

Vinyasa Yoga	10:30-11:45am	Christine
Cardio Reformer (\$)	12:00-12:45pm	Janice

## WEDNESDAY

Reformer (\$)	9:00-9:45am	Janice
HS50 Training (\$) <i>WOD</i>	12:00-12:50pm	Sydney
Reformer (\$)	5:30-6:15pm	Laura

## THURSDAY

Vinyasa Yoga	10:30-11:45am	Christine
Cardio Reformer (\$)	12:00-12:45pm	Janice

## FRIDAY

Reformer (\$)	9:00-9:45am	Janice
HS50 Training (\$) <i>Flex &amp; Flow</i>	12:00-12:50pm	Sydney

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

**HealthSPORT**

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

