

## MONDAY

### Arcata

Reformer (\$)	8:00am-8:45am	Roshan
Reformer (\$)	9:00am-9:45am	Laura
Reformer (\$)	10:00am-10:45am	Jamie
Tower Reformer (\$) <i>Starts 1/16</i>	12:00pm-12:45pm	Jamie

### By The Bay

Reformer (\$)	9:00am-9:45am	Janice
Reformer (\$)	5:30pm-6:15pm	Laura

### McKinleyville

Power CORE	10:00am-10:30am	Angie
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### Eureka

Pilates Mat	9:00am-9:45am	Ginger
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## TUESDAY

### Arcata

Athletic Reformer (\$)	9:00am-9:45am	Stephanie
Cardio Reformer (\$)	11:00am-11:45am	Sydney
Pilates Mat	12:15pm-1:00pm	Savannah
Reformer Fundamentals (\$)	5:30pm-6:15pm	Roshan

### By The Bay

Cardio Reformer (\$)	12:00pm-12:45pm	Janice
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### McKinleyville

HS50 Training (\$) <i>Power Pilates</i>	9:30am-10:20am	Angie
Pilates Mat	10:00am-10:45am	Susan

### Eureka

Pilates Mat	8:30am-9:15am	Ginger
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## WEDNESDAY

### Arcata

Reformer (\$)	8:00am-8:45am	Roshan
Reformer (\$)	10:00am-10:45am	Jamie
Reformer (\$)	9:00am-9:45am	Janice
Reformer (\$)	5:30pm-6:15pm	Laura

### By The Bay

Reformer (\$)	9:00am-9:45am	Janice
Reformer (\$)	5:30pm-6:15pm	Laura

### McKinleyville

Pilates Mat	10:00am-10:45am	Angie
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## THURSDAY

### Arcata

Athletic Reformer (\$)	9:00am-9:45am	Stephanie
Pilates Mat	12:15pm-1:00pm	Savannah
Pilates Mat	5:30pm-6:15pm	Savannah
Reformer Fundamentals (\$)	5:30pm-6:15pm	Roshan

### By The Bay

Cardio Reformer (\$)	12:00pm-12:45pm	Janice
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### McKinleyville

Pilates Mat	10:00am-10:45am	Jamie
Reformer (\$)	4:30pm-5:20pm	Angie

### Eureka

Pilates Mat	8:30am-9:15am	Ginger
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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

## FRIDAY

### Arcata

Reformer (\$)	9:00am-9:45am	Laura
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Pilates Barre Fusion	9:00am-9:45am	Ellie
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### By The Bay

Reformer (\$)	9:00am-9:45am	Janice
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### McKinleyville

HS50 Training (\$) Power Pilates	5:30am-6:20am	Jamie
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### Eureka

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

### Arcata

Pilates Mat	9:00am-9:45am	Jandy
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