

## MONDAY

### Pilates Studio (\$)

Small Group Training (SGT) (\$) Reformer	8:00am-8:50am	Roshan
Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Laura
Small Group Training (SGT) (\$) Reformer	10:00am-10:50am	Jamie

### Training Studio (\$)

Small Group Training (SGT) (\$) Kettlebell	9:00am-9:50am	Trevor
Small Group Training (SGT) (\$) Powerlifting	6:30pm-7:20pm	Lecsi

### Gymnasium

Power Pump	9:00am-9:45am	Roshan
Strength & Conditioning	4:30-5:15pm	Nicolette
Zumba	5:30pm-6:15pm	Ruth

### Cycling Studio

Cycle Strength	5:45am-6:30am	Laura B.
Cycling	9:00am-9:45am	Savannah S.
Cycle Strength	12:15pm-1:00pm	Stephanie

### Mind/Body Studio

Vinyasa Yoga	8:30am-9:45am	Ali
Forrest Yoga	11:00am-12:00pm	Janine
Align & Flow Yoga	5:30pm-6:30pm	Janet

### Pool

Aqua Conditioning	9:00am-9:45am	Casse
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## TUESDAY

### Pilates Studio (\$)

Small Group Training (SGT) (\$) Athletic Reformer (\$)	9:00am-9:50am	Stephanie
Small Group Training (SGT) (\$) Cardio Reformer (\$)	11:00am-11:50am	Sydney
Small Group Training (SGT) (\$) Reformer Fundamentals	5:30pm-6:20pm	Roshan

### Training Studio (\$)

HS50 Team Training (\$) Metabolic Mashup	9:00am-9:50am	Sydney
Small Group Training (SGT) (\$) Mobility	4:15pm-5:05pm	Asa
HS50 Team Training (\$) MX4	5:30pm-6:20pm	Jayden

### Gymnasium

Power Pump	6:00am-6:45am	Christina
Dance Fusion	10:00am-10:45am	Stephanie
Everyday Strength	11:00am-11:45am	Val
Power Pump	4:30pm-5:15pm	Roshan
Dance Fusion	5:30pm-6:15pm	Stephanie

### Cycling Studio

Cycling	9:00am-9:45am	Philip
Cycling	5:30pm-6:15pm	Mona

### Mind/Body Studio

Hatha Yoga	9:00am-10:00am	Francis
Power Flow Yoga	11:00am-12:00pm	Amy
Pilates Mat	12:15pm-1:00pm	Savannah
Vinyasa Yoga	5:30pm-6:45pm	Rebecca

### Pool

Small Group Training (SGT) (\$) Cardio Splash	9:00am-9:50am	Lecsi
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## WEDNESDAY

### Pilates Studio (\$)

Small Group Training (SGT) (\$) Reformer	8:00am-8:50am	Roshan
Small Group Training (SGT) (\$) Reformer	10:00am-10:50am	Jamie

### Training Studio (\$)

Small Group Training (SGT) (\$) Kettlebell	9:00am-9:50am	Trevor
Small Group Training (SGT) (\$) Powerlifting	6:30pm-7:20pm	Lecsi

### Gymnasium

Power Pump	9:00am-9:45am	Roshan
Strength & Conditioning	4:30-5:15pm	Nicolette
Zumba	5:30pm-6:15pm	Ruth

### Cycling Studio

Cycle Strength	5:45am-6:30am	Laura B.
Cycle Strength	12:15pm-1:00pm	Stephanie

### Mind/Body Studio

Vinyasa Yoga	8:30am-9:45am	Ali
Gentle Yoga	10:00am-11:00am	Abra
Forrest Yoga	11:00am-12:00pm	Janine
Align & Flow	5:30pm-6:30pm	Janet

### Pool

Aqua Conditioning	9:00am-9:45am	Casse
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## THURSDAY

### Pilates Studio (\$)

Small Group Training (SGT) (\$) Athletic Reformer	9:00am-9:50am	Stephanie
Small Group Training (SGT) (\$) Reformer Fundamentals	5:30pm-6:20pm	Roshan

### Training Studio (\$)

HS50 Training (\$) Metabolic Mashup	9:00am-9:50am	Sydney
Small Group Training (SGT) (\$) TRX	12:00pm-12:50pm	Sydney
HS50 Training (\$) Shockwave	5:30pm-6:20pm	Jayden

### Gymnasium

Power Pump	6:00am-6:45am	Christina
Dance Fusion	10:00am-10:45am	Stephanie
Everyday Strength	11:00am-11:45am	Val
Power Pump	4:30pm-5:15pm	Roshan
Zumba	5:30pm-6:15pm	Claudia

### Cycling Studio

Cycling	9:00am-9:45am	Philip
Cycling	5:30pm-6:15pm	Mona

### Mind/Body Studio

Flow & Restore Yoga	9:00am-10:15am	Amy
Yoga Flow	11:00am-12:00pm	Stephanie P.
Pilates Mat	12:15pm-1:00pm	Savannah
Pilates Mat	5:30pm-6:15pm	Savannah

### Pool

Small Group Training (SGT) (\$) Cardio Splash	9:00am-9:50am	Lecsi
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# ARCATA FITNESS CLASSES

## March 2023

*Club Hours*

Mon-Fri: 5:00am-9:00pm

Sat & Sun: 9:00am-5:00pm

## FRIDAY

### Pilates Studio (\$)

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Laura
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### Training Studio (\$)

Small Group Training (SGT) (\$) Kettlebell	9:00am-9:50am	Trevor
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### Gymnasium

Step	9:00am-9:45am	Marcella
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Zumba	5:30pm-6:15pm	Jamie K.
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### Cycling Studio

Cycling	9:00am-9:45am	Susan
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Cycle Strength	12:15pm-1:00pm	Julie
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### Mind/Body Studio

Pilates Mat	9:00am-9:45am	Ellie
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Vinyasa Yoga	10:00am-11:15am	Jenni
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### Pool

Aqua Conditioning	9:00am-9:45am	Casse
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## SATURDAY

### Training Studio (\$)

Small Group Training (SGT) (\$) Bodybuilding for Women	10:00am-10:50am	Claudia
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### Gymnasium

Zumba	10:30am-11:15am	Jessica
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### Mind/Body Studio

Pilates Mat	9:00am-9:45am	Jandy
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Yoga Flow	10:00am-11:00am	Abra & Christine
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## SUNDAY

### Gymnasium

Step	9:30am-10:15am	Marcella
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Zumba	10:30am-11:15am	Jamie K.
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### Mind/Body Studio

Forrest Yoga	9:00am-10:15am	Janine
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Forrest Yoga	10:30am-11:15am	Janine
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- \* Limited Yoga props available, Please bring your own mat
- \* Booking classes to reserve a spot is recommended

# HealthSPORT

300 Martin Luther King Jr. Way • (707) 822-3488

