



MONDAY

Arcata

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

By The Bay

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Janice
Small Group Training (SGT) (\$) Reformer	5:30pm-6:20pm	Laura

Eureka

Pilates Mat	9:00am-9:45am	Ginger
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Fortuna

Pilates with Props (\$)	6:00pm-7:00pm	Denise
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TUESDAY

Arcata

Small Group Training (SGT) (\$) Athletic Reformer (\$)	9:00am-9:50am	Stephanie
Small Group Training (SGT) (\$) Cardio Reformer (\$)	11:00am-11:50am	Sydney
Pilates Mat	12:15pm-1:00pm	Savannah
Small Group Training (SGT) (\$) Reformer Fundamentals	5:30pm-6:20pm	Roshan

By The Bay

Small Group Training (SGT) (\$) Cardio Reformer	12:00pm-12:50pm	Janice
Small Group Training (SGT) (\$) Barre	4:30pm-5:20pm	Denise

Eureka

Pilates Mat	8:30am-9:15am	Ginger
Pilates Mat	6:30pm-7:15pm	Amber

McKinleyville

HS50 Team Training (\$) Pilates Circuit	9:30am-10:20am	Angie
Small Group Training (SGT) (\$) Reformer	4:30pm-5:20pm	Angie
Pilates Mat	10:00am-10:45am	Susan

WEDNESDAY

Arcata

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

By The Bay

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Janice
Small Group Training (SGT) (\$) Reformer	5:30pm-6:20pm	Laura

Fortuna

Pilates with Props (\$)	6:00pm-7:00pm	Denise
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McKinleyville

Small Group Training (SGT) (\$) Reformer	7:00am-7:50am	Jamie
Pilates Mat	10:00am-10:45am	Angie

***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

THURSDAY

Arcata

Small Group Training (SGT) (\$) Athletic Reformer	9:00am-9:50am	Stephanie
Pilates Mat	12:15pm-1:00pm	Savannah
Pilates Mat	5:30pm-6:15pm	Savannah
Small Group Training (SGT) (\$) Reformer Fundamentals	5:30pm-6:20pm	Roshan

McKinleyville

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

By The Bay

Small Group Training (SGT) (\$) Cardio Reformer	12:00pm-12:50pm	Janice
Small Group Training (SGT) (\$) Barre	4:30pm-5:20pm	Denise

Eureka

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

Arcata

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Laura
Pilates Mat	9:00am-9:45am	Ellie

McKinleyville

HS50 Team Training (\$) Pilates Circuit	5:30am-6:20am	Jamie
Small Group Training (SGT) (\$) Reformer	10:00am-10:50am	Angie

By The Bay

Small Group Training (SGT) (\$) Reformer	9:00am-9:50am	Janice
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Eureka

Pilates Mat	9:00am-9:45am	Ginger
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SATURDAY

Arcata

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