

721 S. Fortuna Blvd.
Fortuna, CA 95540
(707) 725-9484
www.healthsport.com

Fortuna HealthSPORT

August 2010

GroupX Studio

Club Hours
Mon-Fri - 5am-9pm
Sat-Sun - 8am-6pm

Fit and Fun Club Hours
M-F 8:30am-12:30pm
Sat. 8:00am-12:30pm
M-Th 3:30-7:30pm
Fri 3:30-6:30pm

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:20am	Cycle Circuit Susan A.	Cardio Blast Susan A.	Cycle Circuit Susan A.	Cardio Blast Susan A.			
6:30-7:20am	Body Blast Elaine		Body Blast Elaine				
8-8:50am	Cycling Elaine		Cycling Elaine		Body Blast Elaine	Zumba Sarah	
8:30-9:20am		Cycling Joe		Cycling Joe			
9-9:50am	Step Sarah		Step Sarah			Cycle Circuit Joe	
9:30-10:20am		Body Blast Sarah		Body Blast Sarah			
10:30-11:20am	Simple Strength Becky		Simple Strength Becky				
12-5:00pm						Birthday Parties	Birthday Parties
5:00-5:50pm					Cycling Kyle		
5:00-6:25pm		Endurance Cycling Rachelle		Endurance Cycling Rachelle			
6:15-7:05pm	Body Blast Floyd		Body Blast Floyd				
6:30-7-20pm		Zumba Sarah	Zumba Lite Sarah	Zumba Sarah			

Class Descriptions

Body Blast: Uses dumbbells, body bars, bands, for muscle toning, core and strength.

Cardio Blast: Combines strength intervals and cardio intervals for a fun way to exercise your entire body.

Cycling: 50 min. of stationary cycling to music. Fun way to burn fat.

Cycle Circuit: Cardiovascular conditioning mixed with Muscular Maintenance.

Enduro: Put your endurance and stamina to the ultimate test with this high powered class.

Simple Strength: Good starter program for 50 plus. Workout includes walking drills, strength work and stretching.

Step: Dance based movements around and on the step for increasing intensity and calorie burning.

Zumba: Dance your way to fitness with Latin rhythms. A fun and exciting class.

Zumba Lite: A lower impact Zumba. A great place to start the fun!