3441 Pennsylvania Ave.
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Eureka HealthSPORT
August 2010
Mind-Body Studio Schedule

Club Hours
Mon-Fri 5:00am-10-00pm
Sat/Sun 7:00am-8:00pm

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-6:50am	Sun Salutations Tiffany	Tai Chi Emanual	Sun Salutations Tiffany	Tai Chi Emanual			
8:30-9:20am	Core Pilates Gretchen		Core Pilates Janice		Core Pilates Gretchen		
8:30-9:45am						Meditative Yoga Don	
9:00-9:50am		Zumba Jaime		Zumba Jaime			
9:30-10:40am	Ashtanga Francis		Bliss Yoga Francis		Ashtanga Francis		
10:00-11:15am						Zumba Ramon	
10:30-11:45am		Vinyasa Flow Christine		Vinyasa Flow Christine			Gentle Yoga Tiffany *(starts 8/29)*
10:45-11:55am	Bliss Yoga Francis		Gentle Yoga Ali		Restorative Yoga Francis		
12:00-12:50pm	Zumba Mimi	Power Pilates Larissa	Zumba Mimi	Power Pilates Larissa			
4:30-5:20pm	Pilates Mat Jason		NIA Pauline (starts 9/1)				
5:30-6:20pm	Vinyasa Flow Kali	Pilates Mat Gretchen		Pilates Mat Gretchen	Vinyasa Flow Kali		
5:30-6:45pm			Vinyasa Flow Christine				
6:30-7:20pm	Zumba Jessie	Dance Fusion Kali		Zumba Jessie			
7:30-8:30pm		Twilight Yoga Ali		Power Yoga Larissa			

Class Descriptions

Mat: Pilates floor work using bands, Pilates circles, foam rollers and a variety of exercises to strengthen total body, especially your core.
Core Pilates: The flexibility of Yoga with the strength and control of Pilates.

Gentle Yoga: Longer sustained poses for deeper relaxation for all levels.
Vinyasa Flow: Flowing yoga movements driven by breath
Power Yoga: A vigorous workout with focus of strength and flexibility
Zumba: Latin Rhythms with easy to follow moves