

423 1st Street, Eureka, CA 95501
 (707) 268-8220
 www.HealthSPORT.com

HealthSPORT by the Bay

Studio Hours
 M-Th 11:00am-7:30pm
 Fri 11:00am-6:30pm
 Sat 9:00am-1:00pm
 Other times by appointment only

December 2009

MON	TUES	WED	THUR	FRI	SAT	SUN
Private Classes						
8:30-9:30am Beginning Reformer (\$) Janice				8:30-9:30am Friday Reformer (\$) Janice	9:00-9:55am CrossFit Nicole	
9:30-10:30am Reformer Training (\$) Janice	9:00-10:15am Level 2/3 Anusara Yoga Melissa		9:00-10:15am Level 1/2 Anusara Yoga Melissa		10:00-10:55am CrossFit Skill Development (\$) Nicole	10:00-11:15am Yoga Tiffany
Studio opens at 11:00am for regular hours						
12:00-12:45pm Pilates Mat Shannon		12:00-12:45pm Pilates Mat Abra		12:15-1:00pm Yoga Tiffany	<p>Class Descriptions Anusara Yoga - Multi-level heart oriented yoga focused on alignment Ub'UbX]b['naci f']bbYf' V'gg' Level 1- No experience needed, ideal for beginners or injuries Level 1/2- Basic concepts re- j]Yk YX'k]H' Uj Uf]Ymic.ZX]ZM'Imi Level 2/3- Basic knowledge required, ideal for advancing practice CrossFit with Nicole - strength and conditioning class based on the 7 fccg]ha YhcX" Cycling - This low impact, high inten- g]mrk cf_ci hYei Ug]ZhVi fb]b['WfX]c" Stations - Self paced strength class 'YX' VmiUdyfgcbU' hfU]bYf" Flow Yoga - A vigorous & challenging n[U]Uck]b['Zca 'dcgY' hc' d'cgY" Pilates Mat - Stretching and breath-]b['hc' g'fYb[]h.Yb'nai f' WfY" Pilates Reformer - Provides resistance that develops good alignment, WfY' g'fYb[]h.ZLbX' UYI]V']]h Pilates Jump Board - Add cardio intervals to your Reformer workout hc' Vi fb]ZhLbX' h'cbY'nai f' Ybh]fY' VcXr Yoga for Relaxation - Relaxation techniques such as breath work, re- g'rcfU]j Y'n[U] [i]YX'a YX]]h]cb"</p>	
12:15-1:00pm Stations Sam	12:15-1:00pm Cycling Sam	12:15-1:00pm Stations Sam	12:15-1:00pm Cycling Sam			
	4:30-5:30pm CrossFit Sam		4:30-5:30pm CrossFit Sam			
4:30-5:15pm Cycling Sam		4:30-5:15pm Cycling Sam		4:30-5:30pm CrossFit Nicole		
5:30-6:45pm Level 1/2 Anusara Yoga Melissa	5:30-6:25pm Flow Yoga Tiffany	5:30-6:45pm Level 1 Anusara Yoga Melissa	5:30-6:25pm Flow Yoga Sarah			

