

HealthSPORT
 Healthy. Fit. You.
 300 Community Park Way
 Arcata, CA 95521
 (707)822-3488
 www.HealthSPORT.com






















Cycling Studio December 2009

Holiday Hours
 Dec 24th - 5am - 2pm
 Dec 25th - Closed
 Dec 31st - 5am - 2pm
 Jan 1st - 8am-2pm

Hours

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

Updated: 1/11/08

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00-6:45am  Bill	6:00-6:45am  Jolly	6:00-6:45am  Bill	6:00-6:45am  Jolly	6:00-6:45am  Bill		
8:00-8:45am  Vic		8:00-8:45am  Vic		8:00-8:45am  Vic	9:00-9:45am  Andrew	
9:00-9:45am  Vic	9:00-10:00am  Cycle Strength Anya	9:00-9:45am  Vic	9:00-10:00am  Cycle Strength Stacey	9:00-10:00am  Vic	<p>New to Cycling? Welcome! Please arrive a few minutes early to class so the instructor can fit you to your bike and provide instruction to maximize the enjoyment of the class.</p> <hr/> <p>Class Descriptions</p> <p>Cycling - Fat burning cardio Cycle Strength - 30 min of cycling followed by weight room strength training. Enduro - Put your endurance and stamina to the ultimate test with this high powered class. (Coming in January)</p> <hr/> <p>Intensity Guide</p> <p>Zone 1 - Warm, cool down, recovery Zone 2 - Comfortable work Zone 3 - Uncomfortable work Zone 4 - Breathless</p>	
12:00-12:55pm  Cycle Strength Stacey		12:00-12:55pm  Cycle Strength Jolly		12:00-12:55pm  Cycle Strength Andrew		
			4:30-5:15pm  Tanya			
5:30-6:15pm  Ely		5:30-6:15pm  Andrew		5:30-6:15pm  Andrew		