

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

Fortuna HealthSPORT

December 2009

GroupX Studio

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

MON	TUE	WED	THUR	FRI	SAT	SUN
5:30-6:25am Cycle Circuit Susan A.	5:30-6:25am Cardio Blast Susan A.	5:30-6:25am Cycle Circuit Susan A.	5:30-6:25am Cardio Blast Susan A.		Holiday Hours CLOSED Christmas Day Fri, Dec. 25th Open 8:00am-2:00pm New Years Day - Fri, Jan. 1st	
6:30-7:25am Body Blast Elaine		6:30-7:25am Body Blast Elaine				
8:00-8:55am Cycling Elaine	8:30-9:25am Cycling Joe	8:00-8:55am Cycling Elaine	8:30-9:25am Cycling Joe			
9:00-9:55am Step Susan J	9:30-10:25am Body Blast Joe	9:00-9:55am Step Susan J	9:30-10:25am Body Blast Joe	9:00-9:55am Cardio Blast Scott	9:00-9:55am Cycle Circuit Scott	
10:30-11:25am Simple Strength Becky		10:30-11:25am Simple Strength Becky		10:30-11:25am Simple Strength Kaileigh	10:00-10:55am Cardio Blast Scott	
					12:00-5:00pm Birthday Parties	12:00-5:00pm Birthday Parties
4:00-4:25pm Youth Weight Training Cole					Class Descriptions Cycle Circuit: Cardiovascular conditioning mixed with Muscular Maintenance. Body Blast: Uses dumbbells, body bars, bands, for muscle toning, core and strength. Cardio Blast: Uses body weight exercises, BOSU, stability ball dumbbells and cardio intervals. Cycling: Involves intense cardio for all levels of fitness. Simple Strength: Good starter program. Workout includes walking drills, body weight exercises, light dumbbells and band work, balls and BOSU's, core work and stretching.	
4:30-5:25pm Youth Conditioning Cole 8-15 yrs		4:30-5:25pm Youth Conditioning Cole 8-15 yrs				
	5:00-5:55pm Cycling Rachele		5:00-5:55pm Cycling Rachele	5:00-5:55pm Cycling Joe		
6:15-7:10pm Body Blast Joe/Cole	6:00-6:55pm Cycling Rachele	6:15-7:10pm Body Blast Joe/Cole	6:00-6:55pm Cycling Rachele	6:05-6:25pm Shredded Abs Joe		