

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

# Fortuna HealthSPORT

## December 2009

### Mind-Body Studio

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

MON	TUE	WED	THUR	FRI	
	9:00-9:55am Pilates Reformer II Holly (\$)		9:00-9:55am Pilates Reformer II Holly (\$)		<b>Fit and Fun Club Hours</b> M-Sat 8:30am-12:30pm M-Th 4:00-7:30pm Fri 4:00-6:30pm
10:00-10:55am Pilates Abs Diana		10:00-10:55am Pilates Abs Holly		10:00-10:55am Pilates Abs Diana	
	10:30-11:55am Gentle Yoga Tiffany		10:30-11:55am Gentle Yoga Tiffany		
		4:00-4:30pm Youth Yoga Rachel			
5:00-6:15pm Yoga Rachel		5:00-6:15pm Yoga Rachel		6:00-6:30pm Gymnastics	
				6:30-7:45pm Power Yoga Rachel	

## Small Group Personal Training

Get personalized training for a great value!

MON	TUE	WED	THUR	FRI	SAT	SUN
				6:30-7:25am TRX Elaine \$ 12/4 & 12/11	<b>TRX:</b> Body weight suspension training.	