

1500 Anna Sparks Way
McKinleyville, CA 95519
(707)839-9800
www.HealthSPORT.com

McKinleyville HealthSPORT

December 2009

Kids Korner Hours
M & W 8:00-11:30am
T-Th-Sat 8:30-11:30am
Mon-Th 4:30-7:00pm

Mon-Fri 5:00am-9:00pm
Sat/Sun 8:00am-4:00pm

updated: 11/18/09

MON	TUE	WED	THU	FRI	SAT	SUN
	5:30-6:25am Cardio Strength Mary Ann		5:30-6:25am Cardio Strength Mary Ann			
				9:00-9:55am Cycling Tracy	8:45-9:40am Cycling Carrie	
9:00-9:55am Step Jaime	9:00-9:55am Strength Conditioning Andrew	9:00-9:55am Step Jaime	9:00-9:55am Strength Conditioning Andrew	9:00-9:55am Step Jaime	9:15-10:30am Step & Abs Carol	10:00-10:55am Yoga Sean
10:00-10:55am Pilates Mat I Abra	10:00-11:25am Hatha Yoga TC	10:00-11:25am Pilates Mat I Abra		10:00-11:25am Hatha Yoga TC	<p>Class Descriptions Cardio Strength - intense cardio work-out (may include simple step and cycling) combined with strength conditioning. Cycling - low impact cardio meant to make you sweat, no complicated movements to learn. Hatha Yoga - Sustained postures with emphasis on alignment. Props are utilized. Kickboxing/Core - Cardio workout kicking & punching. Pilates Mat I - A system of exercise involving stretching and breathing to strengthen your core. Step - Fat burning cardio on a platform. All levels welcome. Strength Conditioning - Total body workout. Basic weight training techniques. Yoga - A blend of yoga styles suitable to all practitioners.</p> <p>Personal Training TRX Suspension Training. Engage all your muscles, build overall strength, balance and flexibility. Once/week \$49 drop in \$15 Personal Training - Work one on one to develop a personalized fitness plan to achieve your goals. From \$42.45 to \$75 per session. Tandem Personal Training - Bring a Friend! Achieve your goals together. \$33.95 to \$60 per session</p>	
4:30-5:25pm Strength Conditioning Nicolette		4:30-5:25pm Strength Conditioning Nicolette		4:30-5:25pm Strength Conditioning Meagan		
5:30-6:25pm Smack Down Bootcamp Andy	5:30-6:25pm Step Meagan	5:30-6:25pm Zumba Ros'e	5:30-6:25pm Step Meagan			
5:45-6:45pm Cycling Tracy	5:45-6:45pm Cycling Carrie	5:45-6:45pm Cycling Tracy	5:45-6:45pm Cycling Carrie			
	6:30-7:45pm Yoga Mary		6:30-7:45pm Yoga Janet	<i>Shaded Classes offered in Studio II</i>		

Small Group Personal Training Schedule

MON	TUE	WED	THU	FRI
TRX Suspension Training 8:00-8:55am Andy		TRX Suspension Training 8:00-8:55am Andy		