

423 1st Street, Eureka, CA 95501
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 www.HealthSPORT.com

HealthSPORT

by the Bay

June 2010

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

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00-7:50am	Jumpboard Training Janice (\$)	TRX Circuit Mary	Jumpboard Training Janice (\$)	TRX Circuit Elsa	Cycle Circuit Sam		
8:30-9:20am	Beginning Reformer Janice (\$)				Beginning Reformer Janice (\$)		
9-9:55am						CrossFit Scott	
9:30-10:20am	Reformer Training Janice (\$)						
10-10:55am		Gentle Yoga Ali					
10-11:15am							Gentle Yoga Tiffany
12-12:45pm	Pilates Mat Shannon		Pilates Mat Abra				
12:15-1:00pm		Cycling Jamie		Cycling Jamie	Gentle Yoga Tiffany		
4:30-5:15pm	Cycling Traci	CrossFit Jamie	Cycling Traci		CrossFit Jamie		
4:30-5:15pm				Strength Circuit Mary			
5:30-6:25pm		Flow Yoga Tiffany	Flow Yoga Tiffany	Bride's Boot Camp Sam (\$)			
5:30-6:45pm	Flow Yoga Danielle						
6:30-7:25pm			Zumba Adeena	Zumba Adeena			

Class Descriptions

CrossFit – Strength and conditioning class based on the CrossFit method.
Cycling – low impact, high intensity workout for fat burning cardio.
Gentle Yoga – Longer sustained poses for deeper relaxation for all levels
Strength - Total body strength and endurance conditioning.
Flow Yoga – A vigorous & challenging yoga, flowing from pose to pose.

Pilates Mat - Total body strength, especially your core
Pilates Reformer – Provides resistance that develops total body strength, core strength, and flexibility.
Pilates Jump Board – Add cardio intervals to your Reformer workout to burn fat and tone your entire body.
Zumba – Latin rhythms with easy to follow moves.