

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

# HealthSPORT

*by the Bay*

## March 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	THUR	FRI	SAT	SUN
	6:30-7:20am Strength Elsa		6:30-7:20am Strength Elsa			
7:00-7:45am Jumpboard Training Janice (\$)		7:00-7:45am Jumpboard Training Janice (\$)		7:00-7:45am Cycle Circuit Sam		
8:30-9:20am Beginning Reformer Janice (\$)				8:30-9:20am Reformer (\$) Janice		
9:30-10:20am Reformer Training Janice (\$)	10:00-10:55am Gentle Yoga Ali				9:00-9:55am CrossFit Nicole	
12:00-12:45pm Pilates Mat Shannon		12:00-12:45pm Pilates Mat Abra				10:00-11:15am Gentle Yoga Tiffany
	12:15-1:00pm Cycling Sam		12:15-1:00pm Cycling Sam	12:15-1:00pm Gentle Yoga Tiffany	<p align="center"><b>Class Descriptions</b></p> <p><b>CrossFit</b> – Strength and conditioning class based on the CrossFit method.</p> <p><b>Cycling</b> – low impact, high intensity workout for fat burning cardio.</p> <p><b>Gentle Yoga</b> – Longer sustained poses for deeper relaxation for all levels</p> <p><b>Strength</b> - Total body strength and endurance conditioning.</p> <p><b>Flow Yoga</b> – A vigorous &amp; challenging yoga, flowing from pose to pose.</p> <p><b>Pilates Mat</b> - Total body strength, especially your core</p> <p><b>Pilates Reformer</b> – Provides resistance that develops total body strength, core strength, and flexibility.</p> <p><b>Pilates Jump Board</b> – Add cardio intervals to your Reformer workout to burn fat and tone your entire body.</p> <p><b>Zumba</b> – Latin rhythms with easy to follow moves.</p>	
4:30-5:15pm Cycling Sam	4:30-5:15pm CrossFit Nicole	4:30-5:15pm Cycling Sam	4:30-5:15pm CrossFit Nicole	4:30-5:15pm CrossFit Nicole		
			4:30-5:15pm Strength Circuit Mary			
5:30-6:45pm Flow Yoga Danielle	5:30-6:25pm Flow Yoga Tiffany	5:30-6:25pm Flow Yoga Tiffany	5:30-6:25pm Flow Yoga Sarah			
		6:30-7:25pm Zumba Susan J. <i>(starts 3/24)</i>				