

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

Fortuna HealthSPORT

March 2010

GroupX Studio

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

Fit and Fun Club Hours
M-Sat 8:30am-12:30pm
M-Th 4:00-7:30pm
Fri 4:00-6:30pm

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.		Ditch the WORK! Start the PARTY! Zumba has arrived at Fortuna HealthSPORT! Tues./Thurs.: 6:30-7:25pm Sat.: 8:00-8:55am	
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		8:00-8:55am Zumba Sarah	
9:00-9:40am Step Susan J	9:30-10:25am Body Blast* Joe	9:00-9:40am Step Susan J	9:30-10:25am Body Blast* Joe	9:00-9:55am Step Strength Elaine	9:00-9:55am Cycle Circuit Scott	
9:40-9:55am Stretch Susan J		9:40-9:55am Stretch Susan J			10:00-10:55am Cycling Scott	12:00-5:00pm Birthday Parties
10:30-11:25am Simple Strength Becky		10:30-11:25am Simple Strength Becky		10:30-11:25am Simple Strength Elsa	12:00-5:00pm Birthday Parties	
4:00-4:25pm Youth Weight Training Shanley					Class Descriptions Body Blast: Uses dumbbells, body bars, bands, for muscle toning, core and strength. Cardio Blast: Combines strength intervals and cardio intervals for a fun way to exercise your entire body. Cycling: 55 min. of stationary cycling to music. Fun way to burn fat. Cycle Circuit: Cardiovascular conditioning mixed with Muscular Maintenance. Enduro: Put your endurance and stamina to the ultimate test with this high powered class. Simple Strength: Good starter program for 50 plus. Workout includes walking drills, strength work and stretching. Step: Dance based movements around and on the step for increasing intensity and calorie burning. Step/Strength: basic step moves alternating with basic strength moves for a overall toning and fat burning class *Space is limited. Must be present to reserve spot.	
4:30-5:25pm Youth Conditioning Shanley 8-15 yrs		4:30-5:25pm Youth Conditioning Shanley 8-15 yrs				
	5:00-6:25pm Endurance Cycling Rachele		5:00-6:25pm Endurance Cycling Rachele	5:00-5:55pm Cycling Joe		
				6:05-6:25pm Shredded Abs Joe		
6:15-7:10pm Body Blast Floyd	6:30-7:25pm Zumba Sarah	6:15-7:10pm Body Blast Floyd	6:30-7:25pm Zumba Sarah			

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Mind-Body Studio

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

Fit and Fun Club Hours
M-Sat 8:30am-12:30pm
M-Th 4:00-7:30pm
Fri 4:00-6:30pm

MON	TUE	WED	THUR	FRI	
	9:00-9:55am Pilates Reformer II Holly (\$)		9:00-9:55am Pilates Reformer II Holly (\$)		<p>Gentle Yoga – Longer sustained poses for deeper relaxation for all levels</p> <p>Pilates Abs - Floor work using bands, Pilates circles, foam rollers and a variety of exercises to strengthen total body, especially your core.</p> <p>Power Yoga – A vigorous workout with focus on strength and flexibility</p> <p>Yoga – Classic yoga, attention to alignment & breath, sustained poses. All levels welcome.</p> <p>Reformer - Use the Reformer for resistance and support, as you strengthen & shape your body.</p> <p>Stretch - Athletic and yoga style stretching to improve flexibility and coordination.</p>
10:00-10:55am Pilates Abs Diana	10:00-10:30am Parent/Child Yoga Tiffany \$	10:00-10:55am Pilates Abs Holly		10:00-10:55am Pilates Abs Diana	
	10:30-10:55am Stretch Tiffany		10:30-10:55am Stretch Tiffany		
	11:00-10:55am Gentle Yoga Tiffany	4:00-4:30pm Youth Yoga Rachel	11:00-10:55am Gentle Yoga Tiffany		
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
	6:30-7:00am Intro. to TRX Joe \$		6:30-7:00am Intro. to TRX Joe \$	6:30-7:20am TRX Body Sculpt Elaine \$	9:00-9:55am TRX for Weight Loss Elaine \$
					10:30-11:25am O Lifting for Women Elaine \$
12:00-12:50pm TRX Body Sculpt Elaine \$		12:00-12:50pm TRX Circuit Elaine \$			<p>Weights Optional - One month to whip yourself into shape. Come prepared to work!</p> <p>TRX Body Sculpt - Learn TRX basics from a certified TRX Trainer for a new experience of a full body workout. It's amazing!</p> <p>TRX Circuit - For people craving intensity, you'll find it here. Our certified TRX trainer will teach you how to combine exercises to burn fat and gain strength in a 50 minute intense workout.</p>
	5:30-6:20pm TRX Body Sculpt Elaine \$		5:30-6:20pm TRX Body Sculpt Elaine \$		