

721 S. Fortuna Blvd.  
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www.healthsport.com

# Fortuna HealthSPORT

## March 2010

### 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><b>Gentle Yoga</b> – Longer sustained poses for deeper relaxation for all levels</p> <p><b>Pilates Abs</b> - Floor work using bands, Pilates circles, foam rollers and a variety of exercises to strengthen total body, especially your core.</p> <p><b>Power Yoga</b> – A vigorous workout with focus on strength and flexibility</p> <p><b>Yoga</b> – Classic yoga, attention to alignment &amp; breath, sustained poses. All levels welcome.</p> <p><b>Reformer</b> - Use the Reformer for resistance and support, as you strengthen &amp; shape your body.</p> <p><b>Stretch</b> - 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><b>Weights Optional</b> - One month to whip yourself into shape. Come prepared to work!</p> <p><b>TRX Body Sculpt</b> - Learn TRX basics from a certified TRX Trainer for a new experience of a full body workout. It's amazing!</p> <p><b>TRX Circuit</b> - 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 \$		