

HealthSPORT
 Healthy. Fit. You.
 300 Community Park Way
 Arcata, CA 95521
 (707)822-3488
 www.HealthSPORT.com

Gymnasium March 2010

Zumba Zone
 Mon.: 5:30-6:25pm
 Tues./Thurs.: 9:30-10:25am
 Fri.: 4:30-5:25pm
 Sat.: 10:30-11:25am

Hours
 Mon-Fri 5:00am-10:00pm
 Sat/Sun 7:00am-8:00pm

updated: 03/11/10

MON	TUES	WED	THU	FRI	SAT	SUN
	6:00-6:55am Strength Conditioning Nicolette		6:00-6:55am Strength Conditioning Christina		8:30-9:25am Step Nicolette	
8:00-8:55am Bosu Strength Conditioning Christina	8:30-9:25am Tricky Step Christina	8:00-8:55am Strength Conditioning Stacey	8:30-9:25am Tricky Step Christina	8:00-8:55am Body Blast Roshan	9:30-10:25am All Level Karate Ryan \$	9:30-10:25am Step Jamie
9:00-9:55am Dance Mix Ramon	9:30-10:25am Zumba Ros'e	9:00-9:55am Dance Mix Ramon	9:30-10:25am Zumba Ros'e	9:00-9:55am Dance Mix Ramon	10:30-11:25am Zumba Ros'e	10:30am-12:00pm Dance Mix Ramon
10:00-11:00am Body Blast Roshan	10:30-11:15am Lite Strength Anya	10:00-11:00am Interval Step Roshan	10:30-11:15am Lite Strength John	10:00-11:00am Step Roshan	12:00-5:00pm Birthday Parties	12:00-5:00pm Birthday Parties
12:00-2:00pm Basketball	1:30-3:30pm School Group	12:00-2:00pm Basketball	1:30-3:30pm School Group	12:00-2:00pm Basketball	Class Descriptions Boot Camp – Intense workout! Run, sprint, jump and weight train Dance Mix – Aerobic dance with an international mix HipHop/Breakdance- For ages 7-17 Lite Strength (Weight Room Class) – Gentle & guided weight lifting instruction. Strengthen & tone all major muscles Interval Step – Total body cardio workout with weights alternating with step choreography Kickboxing/Core – Cardio workout kicking & punching mixed with core strengthening Step – Fat burning cardio on a platform – all levels welcome Strength Conditioning / Body Blast - Total body strength endurance conditioning StartUp Circuit – Learn how to use weight room machines. Includes a simple warm-up, cool down, ab workout and stretching. Zumba - Latin Rhythms with easy to follow moves	
			3:30-4:25pm Hip Hop Breakdancing Rex \$			
4:30-5:25pm Strength Conditioning Andrew	4:30-5:25pm Step Roshan	4:30-5:25pm Strength Conditioning Andrew	4:30-5:25pm Step Roshan	4:30-5:25pm Zumba Ros'e		
5:30-6:25pm Zumba Ros'e	5:30-6:25pm Kickboxing/ Core Courtney	5:30-6:25pm Step Diane	5:30-6:25pm Kickboxing/ Core Courtney	5:30-6:30pm Boot Camp Benny		
6:30-7:30pm Boot Camp Benny	6:30-8:25pm Adult Karate \$	6:30-7:30pm Boot Camp Benny	6:30-8:25pm Adult Karate \$	6:30-8:30pm Samba Fusion Andelain/Jonathan (\$)		
			6:30-7:15pm StartUp Circuit Jamie			