

1500 Anna Sparks Way
McKinleyville, CA 95519
(707)839-9800
www.HealthSPORT.com

McKinleyville HealthSPORT

March 2010

Kids Korner Hours

M 8:00-11:30am
T-Sat 8:30-11:30am
Mon-Th 4:30-7:00pm

Mon-Fri 5:00am-9:00pm
Sat/Sun 8:00am-4:00pm

updated: 2/26/10

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:25am Cycling Tanya	5:30-6:25am Cardio Strength Mary Ann	5:30-6:25am Cycling Tanya	5:30-6:25am Cardio Strength Mary Ann		8:45-9:40am Cycling Carrie	9:00-9:55am Yoga Danielle
				9:00-9:55am Cycling Tracy	9:15-10:30am Step & Abs Carol	
9:00-9:55am Step Jaime L.	9:00-9:55am Strength Conditioning Andrew	9:00-9:55am Step Jaime L.	9:00-9:55am Strength Conditioning Andrew	9:00-9:55am Step Jaime L.	<p>Class Descriptions Cardio Strength - intense cardio work-out (may include simple step and cycling) combined with strength conditioning. Cycling - low impact cardio meant to make you sweat, no complicated movements to learn. Hatha Yoga - Sustained postures with emphasis on alignment. Props are utilized. Pilates Mat I - A system of exercise involving stretching and breathing to strengthen your core. Step - Fat burning cardio on a platform. All levels welcome. Strength Conditioning - Total body workout. Basic weight training techniques. Yoga - A blend of yoga styles suitable to all practitioners. Fusion - dynamic mix of yoga flow, pilates core strengthening & conscious relaxation Zumba - Latin Rhythms with easy to follow moves Personal Training BootCAMP - High intensity class to help you reach your potential TRX Suspension Training. Engage all your muscles, build overall strength, balance and flexibility. 1x/week \$49/mnth, drop-in \$15/class Personal Training - Work one on one to develop a personalized fitness plan to achieve your goals. From \$42.45 to \$75 per session. Tandem Personal Training - Bring a Friend! Achieve your goals together. \$33.95 to \$60 per session</p>	
10:00-10:55am Pilates Mat I Abra	10:00-11:25am Hatha Yoga TC	10:00-11:25am Pilates Mat I Abra	10:00-10:55am Pilates/Yoga Fusion Larissa	10:00-11:25am Hatha Yoga TC		
4:30-5:25pm Strength Conditioning Nicolette		4:30-5:25pm Strength Conditioning Nicolette		4:30-5:25pm Strength Conditioning Meagan		
5:30-6:25pm BootCAMP with a Kick Danielle M.	5:30-6:25pm Step Meagan	5:30-6:25pm Zumba Ros'e	5:30-6:25pm Step Meagan	5:45-6:40pm Zumba Ros'e		
5:45-6:45pm Cycling Tracy	5:45-6:45pm Cycling Carrie	5:45-6:45pm Cycling Tracy	5:45-6:45pm Cycling Carrie			
	6:45-8:00pm Yoga Mary		6:45-8:00pm Yoga Janet	<i>Shaded Classes offered in Studio II</i>		

Small Group Personal Training Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
	TRX BodyBlast 4:30-5:25pm Jamie S. \$		TRX Suspension Training 4:30-5:25pm Stacey \$			