

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

# Studio II


## March 2010

**Don't Miss Out!**  
 Reserve your spot in  
 Reformer classes for just  
 \$15/month per class!

**Hours**

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

*updated: 2/15/10*

MON	TUES	WED	THUR	FRI	SAT	SUN
		6:00-6:50am Reformer Abra		6:00-6:50am Reformer Abra		
	8:00-8:50am Fundamental Mat Jason		8:00-8:50am Fundamental Mat Jason			
9:00-9:50am TRX Body Sculpt Stacey \$	9:00-9:50am Mat Jason	9:00-9:50am TRX Body Sculpt Stacey \$	9:00-9:50am Mat Jason			
10:00-10:50am Mat Shannon	10:00-10:50am Prenatal Fitness Christine \$	10:00-10:50am Power Mat Janice	10:00-10:50am MVe Fitness Chair Rachel \$	10:00-10:50am Mat Abra		
				11:00-11:50am Friday Burn Kate	9:00-9:50am Mat/Reformer Jandy	10:30-11:20am TRX Body Sculpt Jaime L. \$
	12:00-12:50pm Yoga/Pilates Blend Larissa		12:00-12:50pm Yoga/Pilates Blend Larissa	12:00-12:50pm TRX Circuit Stacey \$	<p><b>All Pilates classes will be included in your membership.</b></p> <p><b>Fundamental Mat</b> - Pilates Basics for core strength and stability.</p> <p><b>Mat</b> - Pilates floor work using bands, Pilates circles, foam rollers and a variety of exercises to strengthen total body, especially your core.</p> <p><b>Power Mat</b> - A fast moving and challenging class.</p> <p><b>Mat/Reformer</b> - A combination of Pilates Mat and Reformer that offers a fun full body workout to improve flexibility, strength and balance.</p> <p><b>Simple Reformer</b> - The place to start if you have never been on a Reformer before.</p> <p><b>Reformer</b> - Pilates using the Reformer for resistance and support, as you strengthen and shape your body.</p> <p><b>Reformer Plus</b> - Pilates using a fun variety of equipment.</p> <p><b>Yoga/Pilates Blend</b> - The flexibility of Yoga with the strength and control of Pilates.</p> <p><b>Small Group Personal Training</b></p> <p><b>TRX Body Sculpt</b> - Learn TRX basics from a certified TRX trainer for a full body workout.</p> <p><b>TRX Circuit</b> - Craving intensity? You'll find it here! Combine exercises to burn fat and gain strength.</p> <p><b>MVe Chair</b> - Combine grace and strength for a full-body workout on a chair. (Can you believe it!)</p>	
4:30-5:20pm Mat/Reformer Larissa	4:30-5:20pm TRX Body Sculpt Stacey \$	4:30-5:20pm Reformer Plus Larissa	4:30-5:20pm Reformer Larissa			
5:30-6:20pm Simple Reformer Larissa	5:30-6:20pm Mat/Reformer Larissa	5:30-6:20pm Reformer Larissa	5:30-6:20pm TRX Circuit Andrew \$			