

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

Studio I

March 2010

Please make arriving early part of your practice. If you are unable to arrive early, please enter the studio as quietly as possible.

Hours

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

updated: 02/17/10

MON	TUES	WED	THUR	FRI	SAT	SUN
7:00-7:45am Yoga for Athletes Danielle	7:30-8:55am Yoga Don		7:30-8:55am Yoga Don		8:30-9:55am Yoga Janet	8:30-9:55am Level 2/3 Forrest Yoga Janine
8:30-9:45am Yoga Danielle	9:00-9:55am Yoga Deborah	8:30-9:45am Yoga Tiffany	9:00-9:55am Yoga Deborah	8:30-9:45am Yoga Flow Tiffany	10:00-11:30am Power Flow Yoga Danielle	10:00-11:30am Yoga Don
10:00-10:55am Sit & Fit Sue	10:00-10:55am Gentle Yoga Deborah	10:00-10:55am Lite Movement Sue	10:00-10:55am Gentle Yoga Deborah	10:00-10:55am Sit & Fit Val		
11:00-12:25pm Level 1/2 Forrest Yoga Janine	11:00-12:25pm Level 2/3 Forrest Yoga Janine	11:00-11:55am Yoga Jodie	11:00-12:25pm Level 2/3 Forrest Yoga Janine			4:00-5:30pm Gentle Yoga Deborah
	1:30-3:30pm School Group		1:30-3:30pm School Group		Class Descriptions Yoga – Classic yoga, attention to alignment & breath, sustained poses. All levels welcome. Yoga Flow – A vigorous & more challenging yoga, flowing from pose to pose Gentle Yoga – Longer sustained poses for deeper relaxation for all levels Forrest Yoga – By Master Ana Forrest, emphasis on core strength & breath Power Flow Yoga – A vigorous workout with focus on strength and flexibility Pilates Power Mat – A fast moving and challenging class. Sit and Fit – Chair exercise for flexibility, strength and balance. Easy listening music. Lite Movement – Very light, basic movement to easy listening music. Exercises for core strength, balance and flexibility. Yoga for Athletes – Compliments vigorous training regimen. Increase performance & reduce injury.	
4:30-5:45pm Karate Kids \$	4:30-5:25pm Pilates Power Mat Katie	4:30-5:45pm Karate Kids \$	4:30-5:25pm Pilates Power Mat Katie			
	5:30-6:55pm Yoga Flow Danielle		5:30-6:55pm Multi Level Forrest Yoga Janine			
6:00-7:00pm Yoga Jodie	7:00-8:00pm Gentle Yoga Danielle	6:30-7:30pm Power Flow Yoga Larissa	7:00-8:15pm Power Flow Yoga Larissa			