

300 Community Park Way
 Arcata, CA 95521
 (707)822-3488
 www.healthsport.com



Arcata HealthSPORT

February, 2012

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

Kids Komer Hours
 Mon-Fri 8:30am-1:00pm
 Mon-Fri 4:00pm-7:30pm
 Sat and Sun 8:30am-12:30pm

Gymnasium Schedule

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|--|---|-------------------------------------|
| | 6-6:50am Strength Conditioning Christina | | 6-6:50am Strength Conditioning Christina | | | |
| 8-8:50am Strength Conditioning Daniel | | 8-8:50am Strength Conditioning Daniel | | 8-8:50am Strength Conditioning Andrew | 8:30-9:20am Step Rachel H. | |
| 9-9:50am Dance Mix Ramon | 9:30-10:20am Zumba Jessie | 9-9:50am Dance Mix Ramon | 9:30-10:20am Zumba Jessie | 9-9:50am Dance Mix Ramon | 9:30-10:25am All Level Karate Ryan (\$) | 9:30-10:20am Step Diane |
| 10-10:50am Body Blast Roshan | 10:30-11:20am Lite Strength Anya (weight room) | 10-10:50am Step Interval Roshan | | 10-10:50am Step Roshan | 10:30-11:20am Zumba Jessie | 10:30-12:00pm Dance Mix Ramon |
| 12-2pm Basketball | | 12-2pm Basketball | | 12-2pm Basketball | 12-5pm Parties (\$) | 12-5pm Parties (\$) |
| 4:30-5:20pm Strength Conditioning Andrew | 4:30-5:20pm Step Nicolette | 4:30-5:20pm Strength Conditioning Andrew | 4:30-5:20pm Step Nicolette | | | |
| 5:30-6:20pm Zumba Andrea | 5:30-6:20pm Bootcamp Colin | 5:30-6:20pm Zumba Andrea | 5:30-6:20pm Bootcamp Colin | 5-5:50pm Zumba Jessie | | |
| 6:30-7:20pm Boot Camp Colin | 6:30-8:30pm All Level Karate (\$) | 6:30-7:20pm Boot Camp Andrew | 6:30-8:30pm All Level Karate (\$) | 6-6:50pm African Dance Jessie (\$) Feb 10th-Mar 2nd | | |

Specialty Class (\$) Schedule

| | | | | | | |
|--|--------------------------------------|--|--------------------------------------|--|---|------------------------|
| | | | | | 9:30-10:25am All Level Karate Ryan (\$) | |
| | | | | | 12-5pm Parties (\$) | 12-5pm Parties (\$) |
| | 6:30-8:30pm All Level Karate (\$) | | 6:30-8:30pm All Level Karate (\$) | 6-6:50pm African Dance Jessie (\$) Feb 10th-Mar 2nd | | |

For Full Class Descriptions please visit HealthSPORT.com

Studio I Schedule

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|--|--|--|---|--|
| | 7:30-8:55am Yoga Danielle | | 7:30-8:55am Yoga Deborah | | | |
| 8:30-9:55am Yoga Danielle | | 8:30-9:55am Yoga Danielle | | 8:30-9:55am Yoga Flow Therese | 8:30-9:55am Yoga Janet | 8:30-9:55am Forrest Yoga Level 2/3 Janine |
| | 9-9:50am Yoga Deborah | | 9-9:50am Yoga Deborah | | | |
| 10-10:50am SitSTRONG Sue | 10-11:50am Gentle Yoga Deborah | 10-10:50am SitSTRONG Sue | 10-11:50am Gentle Yoga Deborah | 10-10:50am SitSTRONG Val | 10-11:30am Power Flow Yoga Danielle | 10-11:30am Bliss Yoga Francis |
| 11-12:25pm Forrest Yoga Level 1/2 Janine | 11:00-12:25pm Forrest Yoga Level 2/3 Janine | 11-11:50pm Yoga Jodie | 11:00-12:25pm Forrest Yoga Level 2/3 Janine | | | |
| 12-12:50pm Cycle Strength Daniel | | 12-12:50pm Cycle Strength Daniel | | 12-12:50pm Cycle Strength Andrew | 12-5pm Parties (\$) | 12-3:30pm Parties (\$) |
| 4:30-5:45pm Karate Kids (\$) | | 4:30-5:45pm Karate Kids (\$) | | | | 4-5:30pm Gentle Yoga Danielle |
| | 5:30-6:55pm Yoga Flow Danielle | | 5:30-6:55pm Multi-Level Forrest Yoga Janine | | | |
| 6-6:50pm Yoga Jodie | | 6-6:50pm Power Flow Yoga Therese | | | | |

Specialty Class (\$) Schedule

| | | | | | | |
|------------------------------------|--|------------------------------------|--|--|------------------------|---------------------------|
| 4:30-5:45pm Karate Kids (\$) | | 4:30-5:45pm Karate Kids (\$) | | | 12-5pm Parties (\$) | 12-3:30pm Parties (\$) |
| | | | | | | |

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 Sat and Sun 8:30am-12:30pm

Studio II Schedule

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------------------|--|--------------------------------|--------------------------------------|---|---|-----|
| | | 6-6:50am Reformer (\$) Abra | | | | |
| | 8-8:50am Fundamental Mat Jason | | 8-8:50am Fundamental Mat Jason | | | |
| | 9-9:50am Mat Jason | | 9-9:50am Mat Jason | | 9:00-9:50am Power Mat Abra 4,11 Jandy 18, 25 | |
| | 10-10:50am Small Group Training (\$) Daniel | | 10:30-11:20am Lite Strength Corey | 10-10:50am Small Group Training (\$) Sue | | |
| | 4:30-5:20pm Power Mat Abra | | 4:30-5:20pm Power Mat Abra | | | |
| 5:30pm-6:20pm FitClub (\$) Jamie | | | | | | |

Specialty Class (\$) Schedule

| | | | | | | |
|-------------------------------------|--|--------------------------------|--|---|--|--|
| | | 6-6:50am Reformer (\$) Abra | | | | |
| | 10-10:50am Small Group Training (\$) Daniel | | | 10-10:50am Small Group Training (\$) Sue | | |
| 5:30pm-6:20pm FitClub (\$) Jamie | | | | | | |

For Full Class Descriptions please visit
HealthSPORT.com

Cycle Schedule

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------------------|---------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|------------------------------|-----|
| 6-6:50am Cycling Bill | 6-6:50am Cycling Jolly | 6-6:50am Cycling Bill | 6-6:50am Cycling Laura | 6-6:50am Cycling Bill | | |
| 8-8:50am Cycling Vic | | 8-8:50am Cycling Vic | | 8-8:50am Cycling Vic | | |
| 9-9:50am Cycling Andrew | 9-9:50am Cycle Strength Anya | 9-9:50am Cycling Andrew | 9-9:50am Cycle Strength Andrew | 9-9:50am Cycling Andrew | 9-9:50am Cycling Danielle | |
| 12-12:50pm Cycle Strength Daniel | | 12-12:50pm Cycle Strength Daniel | | 12-12:50pm Cycle Strength Andrew | | |
| 5:30-6:20pm Cycling Ely | 5:30-6:20pm Cycling Andrew | 5:30-6:20pm Cycling Andrew | 5:30-6:20pm Cycling Suz | 5:30-6:20pm Cycling Daniel | | |



DEMOS START FEB. 27th

February 27th-March 1st

**All HealthSPORT Locations.
 Monday- Thursday**

5:00-6:30AM or 5:00-6:30PM

TRX SUSPENSION TRAINING
 @ HEALTHSPORT
 IS CUTTING EDGE,
 FAST & EFFECTIVE
 ENGAGE YOUR CORE
 AS YOU BUILD STRENGTH,
 BALANCE, AND FLEXIBILITY.
 COME GIVE TRX A TRY!