



423 1st Street
Eureka, CA 95501
(707)268-8220
www.healthsport.com

By the Bay HealthSPORT

February, 2012

Club Hours
Mon-Th 7:00am-6:30pm
Fri 7:00am-1:00pm

Mind Body Studio

MON	TUE	WED	THU	FRI	SAT	SUN
12:00-12:45pm Pilates Mat Janice		12:00-12:45pm Pilates Mat Janice	12:00-12:45 pm Strength & Conditioning April			
5:30-6:25 pm Yoga Danielle	5:30-6:25pm Pilates Mat Janice	5:30-6:25 pm Yoga Danielle				

Specialty Class (\$) Schedule

7:00-7:45 am Jumpboard Training (\$) Janice			5:30-6:20am Fit Club (\$) Chaz 1/5-3/22			
8:30 -9:20 am Beginning Reformer (\$) Janice				8:30-9:20 am Beginning Reformer (\$) Janice		
9:30-10:20 am Reformer Training (\$) Janice						
				12:15-1:00 pm Jumpboard Training (\$) Janice		
	6:30-7:20 pm Fit Club (\$) April Jan 10-Feb 14 New class Feb 21		5:30-6:20 pm FIT Club (\$) Jamie 1/12-3/29			

For Full Class Descriptions please visit HealthSPORT.com

TRX[®]

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!

