

721 S. Fortuna Blvd.
Fortuna, CA 95540
(707) 725-9484
www.healthsport.com

Fortuna HealthSPORT

January 2012

Club Hours
Mon-Fri - 5am-9pm
Sat-Sun - 8am-6pm



GroupX Studio

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:20am Cycle Circuit Susan A.	5:30-6:20am Cardio Blast Susan A.	5:30-6:20am Cycle Circuit Susan A.	5:30-6:20am Cardio Blast Susan A.			
7-7:50am Body Blast Elaine		7-7:50am Body Blast Elaine				
8-8:50am Cycling Elaine		8-8:50am Cycling Elaine		8-8:50am Body Blast Elaine		
	8:30-9:20am Cycling Shawlynn		8:30-9:20am Cycling Shawlynn		8:30-9:20am Zumba Lite Sarah	
9-9:50am Step Sarah		9-9:50am Step Sarah				
	9:30-10:20am Body Blast Sarah		9:30-10:20am Body Blast Sarah		9:30-10:20am Cardio Blast Joe	
10:30-11:20am Simple Strength Becky		10:30-11:20am Simple Strength Becky		10:30-11:20am Weight Room Circuit Mary		
					12-5:00pm Parties	12-5:00pm Parties
5:30-6:20pm Strength Conditioning Joe	5:30-6:20pm Cycling Joe	5:30-6:20pm Strength Conditioning Joe	5:30-6:20pm Cycling Joe	5:30-6:20pm Cycle Jam Elaine		
	6:30-7:20pm Zumba Sarah		6:30-7:20pm Zumba Sarah			

Mind/Body Studio

MON	TUES	WED	THURS	FRI	SAT
10-10:50am Pilates Sarah		10-10:50am Pilates Abs Holly		10-10:50am Pilates Abs Holly	
	10:30-11:50am Yoga Diann		10:30-11:50am Yoga Diann		10:30-11:50am Yoga Diann
	3:30-4:15pm Creative Dance (\$) 5-6yrs				
	4:30-5:25pm Hip Hop (\$) 7-11yrs				
	5:30-6:25pm Beginner Reformer (\$) Elaine		5:30-6:25pm Beginner Reformer (\$) Elaine		
6:00-6:50pm Yoga Diann		6:00-6:50pm Yoga Diann			6:00-7:00pm Dirty Dancing (\$) Sarah JAN 14th ONLY

Small Group Personal Training (\$) Schedule

7:00-7:30am HIIT Joe(\$)		7:00-7:30am HIIT Joe(\$)		7:00-7:30am HIIT Joe(\$)	
8:30-9:00am HIIT Joe(\$)		8:30-9:00am HIIT Joe(\$)		8:30-9:00am HIIT Joe(\$)	
	9-9:55am Pilates Reformer II Holly (\$)		9-9:55am Pilates Reformer II Holly (\$)		
10:30-11:00am HIIT Elaine(\$)		10:30-11:00am HIIT Elaine(\$)		10:30-11:00am HIIT Elaine(\$)	
	3:30-4:30pm Youth CrossTrain Scott (\$) Annex				
	5:30-6:25pm Beginner Reformer (\$) Elaine		5:30-6:25pm Beginner Reformer (\$) Elaine		
6:30-7:00pm HIIT Joe(\$)		6:30-7:00pm HIIT Joe(\$)			6:00-7:00pm Dirty Dancing (\$) Sarah JAN 14th ONLY



Learn more at
healthsport.com

For Full Class Descriptions please visit
HealthSPORT.com

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Gymnastics Schedule 2012

Kids Korner Hours
M-Th 8:30am-12:30pm
M-Th 4:30-8:00pm
Fri 8:30-11:30am

MON	TUES	WED	THURS	FRI	SAT
9:30-10:15am Parent Child			9:30-10:15am Parent Child		
10:30-11:25am Tiny Hoppers		10:30-11:25am Tiny Hoppers	10:30-11:25am Tiny Hoppers		9:00-12:00pm Team* optional
	2:30-3:30pm Advanced Tiny Hoppers*		2:30-3:30pm Advanced Tiny Hoppers*		
3:30-4:25pm Basic	3:30-4:55pm Super Hoppers*	3:30-4:25pm Basic	3:30-4:55pm Super Hoppers*		
4:30-5:25pm Beg/Int		4:30-5:25pm Beg/Int		4:30-5:25pm Beg/Int	
5:30-6:25pm Basic		5:30-6:25pm Basic		5:30-6:25pm Basic	
5:30-6:25pm Beginning Tumbling		5:30-6:25pm Beginning Tumbling			
6:30-7:55pm Intermediate*	4:30-7:30pm Team*	6:30-7:55pm Intermediate*	4:30-7:30pm Team*		6:00-8:55am Open Gym (4-10 yrs.)

Name of Class	# Classes/Week	EFT Rates Monthly	Manual Rates Monthly
Parent Child	1 Day	\$25	\$35
	2 Days	\$45	\$55
Tiny Hoppers	1 Day	\$32	\$42
	2 Days	\$52	\$62
	3 Days	\$72	\$82
Super Hoppers	2 Days	\$75	\$85
Advanced Tiny Hoppers	2 Days	\$52	\$62
Team	2 Days	\$95	\$105
	3 Days	\$140	\$150
Basic	1 Day	\$32	\$42
	2 Days	\$52	\$62
	3 Days	\$72	\$82
Beg/Int	1 Day	\$32	\$42
	2 Days	\$52	\$62
	3 Days	\$72	\$82
Beginning Tumbling	1 Day	\$39	\$49
	2 Days	\$64	\$74
Intermediate	1 Day	\$45	\$55
	2 Days	\$75	\$85

Open Gym
\$10/session

Registration
\$30/year

Private Lessons
ask for pricing

Slippers
\$13 + tax

Have a gymnastics party! It's loads of fun.

Call today

to book your party
725-9484



*By Invitation Only