

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



# Fortuna HealthSPORT

## February, 2012

Club Hours  
Mon-Fri 5:00am-9pm  
Sat/Sun 8:00am-6:00pm

Kids Komer Hours  
Mon-Th 8:30am-12:30pm  
Mon-Th 5:30pm-7:30pm  
Fri 8:30am-11:30pm

### Mind Body Studio

MON	TUE	WED	THU	FRI	SAT	SUN
10-10:50am Pilates Sarah		10-10:50am Pilates Abs Holly		10-10:50am Pilates Abs Holly		
	10:30-11:50am Vinyasa Yoga Diann		10:30-11:50am Gentle Yoga Diann		10:30-11:50am Vinyasa Yoga Diann	
	2:40-3:20pm or 3:30-4:15pm Creative Dance 5-6yrs(\$)					
	3:30-5:25pm Hip Hop 7-11yrs(\$)					
	5:30-6:25pm Beginner Reformer(\$) Elaine		5:30-6:25pm Beginner Reformer(\$) Elaine			
6:00-6:5pm Yoga Diann		6:00-6:50pm Yoga Diann			6:00-7:00pm Dirty Dancing(\$) Sarah	

### Specialty Class (\$) Schedule

7:00-7:30am Hiit Joe(\$)		7:00-7:30am Hiit Joe(\$)		7:00-7:30am Hiit Joe(\$)		
	9-9:55am Pilates Reformer II Holly(\$)		9:9:55am Pilates Reformer II Holly(\$)			
	3:30-4:30pm Youth CrossTrain Scott(\$) Annex					
6:30-7:00pm Hiit Joe(\$)		6:30-7:00pm Hiit Joe(\$)		6:30-7:00pm Hiit Joe(\$)		

For Full Class Descriptions please visit [HealthSPORT.com](http://HealthSPORT.com)

### Group X Studio

MON	TUE	WED	THU	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	8:30-9:20am Cycling Shawlynn	8-8:30am Cycling Elaine	8:30-9:20am Cycling Shawlynn	8-8:50am Body Blast Elaine	8:30-9:20am Zumba Lite Sarah	
9-9:50am Step Sarah	9:30-10:20am Body Blast Sarah	9-9:50am Step 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 Mary		10:30-11:20am Weight Room Circuit Mary		
					12-5:00pm Birthday Parties	12-5:00pm Birthday Parties
5:30-6:20pm Strength Conditioning Joe	5:30-6:20pm Cycling Greg/Joe	5:30-6:20pm Strength Conditioning Joe	5:30-6:20pm Cycling Greg/Joe	5:30-6:20pm Cycle Jam Elaine		
	6:30-7:20pm Zumba Sarah		6:30-7:20pm Zumba Sarah			



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!