

3441 Pennsylvania Ave.
Eureka, CA 95501
(707)443-3488
www.healthsport.com

Eureka HealthSPORT

January, 2012

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

Kids Korner Hours
Mon-Sun 8:30am-Noon
Mon-Thurs 4:30pm-7:30pm

Group X Studio Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:20am Cycling Pam		5:30-6:20am Cycling Pam		5:30-6:20am Cycling Pam		
	6:00-6:50am Cross Train Nicole Weight Room	6:30-7:20am FIT Club Traci(\$) 1/18-4/14	6:00-6:50am Cross Train Nicole Weight Room	6:30-7:20am Contact Kickboxing Tami R.(\$)		
8:30-9:20am Body Blast Rachel	6:30-7:20am Running Club(\$) Pam-Weight Room 1/3-1/17	8:30-9:20am Strength& Conditioning Tami R.		8:30-9:20am Body Blast Roshan	8:30-9:20am Cycling Nicole	
10:30-11:20am Osteo Strength Jessica				10:30-11:20am Cardio Lite Jessica	9:30-10:20am Cross Train Nicole	9:30-10:20am Step Party Rachel
12:00-12:50pm Circuit Tami R.	12:00-12:50pm Cycling Traci	12:00-12:50pm Circuit Tami R.	12:00-12:50pm Cycling Travis	12:00-12:50pm Strength& Conditioning Tami R.		10:30-11:20am Cycling James
4:30-5:20pm Cycle Strength Tami S.	4:30-5:20pm Strength & Conditioning Jenny		4:30-5:20pm Running Clinic(\$) Pam- Weight Room 1/5-1/19	4:30-5:20pm Cycle Tami S.	10:30-4:00pm PT Prep Course(\$) 1/21-3/3	
5:30-6:20pm Cycling Ken	5:30-6:20pm Step Roshan	5:30-6:20pm Cycling Ken	5:30-6:20pm Step Roshan			
6:30-7:20pm Boot Camp Chaz	6:30-7:20pm Cycling Travis	6:30-7:20pm Boot Camp Chaz	6:30-7:20pm Cross Train Nicole			

Specialty Class (\$) Schedule

	5:30-6:20am Master Swim Pam(\$) 12/27-1/24	6:30-7:20am FIT Club Traci(\$) 1/18-4/14		6:30-7:20am Contact Kickboxing Tami(\$) 1/13-2/3		
7:00-7:50am TRX Jessica(\$) 1/2-1/23 Weight Room	6:30-7:20am Running Club(\$) Pam-Weight Room 1/3-1/17				10:30am-4:00pm PT Prep Course(\$) 1/21-3/3	
			4:30-5:20pm Running Clinic(\$) Pam- Weight Room 1/5-1/19			2:00-5:00pm Tai Chi Workshop Emanuel(\$) 1/22

For Full Class Descriptions please visit HealthSPORT.com

Mind Body Studio Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
	6:00-6:50am Beginning Tai Chi Emanuel starts 1/10		6:00-6:50am Advanced Tai Chi Emanuel starts 1/12			
	8:30-9:20am Pilates Mat Abra	8:30-9:20am Pilates Mat Pam	8:30-9:20am Pilates Mat Abra	9:30-10:40am Hatha Yoga Francis	9:00-9:50am Zumba Jessie	9:00-10:15am Vinyasa Flow Diann
9:30-11:00am Hatha Yoga Francis	9:30-10:20am Zumba Jaime	9:30-11:00am Bliss Yoga Francis	9:30-10:20am Zumba Jaime	10:45-11:55am Restorative Yoga Francis		
	10:30-11:45am Vinyasa Flow Christine		10:30-11:45am Vinyasa Flow Christine		11:00am-12:15pm Yoga Savannah	10:30-11:45am Gentle Yoga Diann
12:00-12:50pm Zumba Fawn/Traci		12:00-12:50pm Zumba Fawn/Traci				
4:30-5:20pm Youth Conditioning Jessie				4:30-5:20pm Zumba Courtney	4:30-5:20pm Foundations(\$) Dr. Phil	2:00-5:00pm Tai Chi Workshop Emanuel(\$) 1/22
5:30-6:20pm Zumba Jessie	5:30-6:20pm Power Pilates Gretchen	5:30-6:45pm Vinyasa Flow Christine	5:30-6:20pm Power Pilates Gretchen			
6:30-7:45pm Forrest Yoga Janine	6:30-7:20pm Zumba Marla Joy	7:00-7:50pm Zumba Jessie	6:30-7:20pm Family Zumba Jessie			
	7:30-8:30pm Twilight Yoga Janet		7:30-8:30pm Yoga Janet			

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Pool

MON	TUE	WED	THU	FRI	SAT	SUN
5:00am-12:00pm Lap Swim	5:00-5:20am Lap Swim	5:00-8:50am Lap Swim	5:00-8:50am Lap Swim	5:00-8:50am Lap Swim	7:00-11:00am Lap Swim	7:00-9:30am Lap Swim
	5:30-6:30am Master Swim(\$) Pam Lap Swim					
	6:30-8:50am Lap Swim					
	9:00-9:50am Aqua Conditioning Valerie					
12:10-1:00pm Aqua Balance Mary	10:00-3:00pm Lap Swim	12:00-3:00pm Lap Swim	12:10-1:00pm Aqua Balance Mary	12:00-3:00pm Lap Swim	11:00-5:00p Family Swim	9:30-4:00pm Family Swim
1:00-3:00pm Lap Swim	3:00-4:00pm Family Swim	3:00-4:00pm Family Swim	3:00-4:00pm Family Swim	3:00-4:00pm Family Swim		
3:00-4:00pm Family Swim						
4:00-5:30pm Family Swim No Lap Swim						
5:30-8:00pm Family Swim	5:30-6:20pm Aqua Bootcamp Cathi	5:30-8:00pm Family Swim	5:30-6:20pm Aqua Bootcamp Cathi	3:00-8:00pm Family Swim	5:00-7:30pm Lap Swim	4:00-7:30pm Lap Swim
	6:30-7:15pm Aqua Kids Emily/ Family Swim		6:30-9:30pm Lap Swim			
	7:15-8:00pm Family Swim					
8:00-9:30pm Lap Swim	8:00-9:30pm Lap Swim	8:00-9:30pm Lap Swim	8:00-9:30pm Lap Swim	8:00-9:30pm Lap Swim		

YES, YOU CAN.



KICK IT UP A NOTCH

Need the motivation to kick your workout up a notch? Kickboxing with Tami will relieve stress, burn fat & tone your entire core. Show your body what you're really made of.

Learn more at healthsport.com

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Swim Lessons(\$\$) Schedule

Session runs 1/2-1/31. Private lessons available by appt.

4:00-4:30pm Intro to Strokes(\$) Nicole	4:00-5:00pm Swim Club (\$) Sarah		4:00-5:00pm Swim Club (\$) Sarah			
4:30-5:00pm Tiny Swimmers (\$) Emily/Dawn		4:30-5:00pm Tiny Swimmers (\$) Emily/Dawn				
5:00-5:30pm Learn to Swim (\$) Emily/Dawn		5:00-5:30pm Learn to Swim (\$) Emily/Dawn		5:00-5:30pm Baby Swim (\$) Nicole		
5:30-6:00pm Tiny Swimmers (\$) Emily		5:30-6:00pm Tiny Swimmers (\$) Emily				