

1500 Anna Sparks Way Community Park Way
 Mckinleyville, CA 95519
 (707)839-9800
 www.healthsport.com



Mckinleyville February, 2012

Club Hours
 Mon-Fri 5:00am-9:00pm
 Sat/Sun 8:00am-4:00pm

Kids Korner Hours
 Mon-Fri 8:00am-11:30pm
 Mon-Th 4:00pm-7:30pm
 Reservations Recommended

Group X Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
	5:30-6:20am Cardio/Strength Tanya		5:30-6:20am Cardio/Strength Tanya			
	9-9:50am Strength Conditioning Danielle		9-9:50am Strength Conditioning Danielle		9:15-10:30am Step&Abs Carol	
10-10:50am Pilates Mat I Abra	10-11:25am Hatha Yoga Francis	10-10:50am Pilates Mat I Abra	10-11:25am Hatha Yoga Francis			
4:30-5:20pm Strength Conditioning Nicolette	4:30-5:20pm Zumba Jessie	4:30-5:20pm Strength Conditioning Nicolette	4:30-5:20pm Zumba Jessie			
5:30-6:20pm Turbo Kick Danielle	5:30-6:20pm Step Strength Maryann	5:30-6:20pm Turbo Kick Danielle	5:30-6:20pm Step Strength Maryann			
6:45-8:00pm Bliss Yoga Francis		6:45-8:00pm Hatha Yoga Francis				

Specialty Class (\$) Schedule

		5:30am-6:20am Fit Club Burn Starts Feb 8th Pepper			8:15am-9:05am Fit Club Burn Pepper	

For Full Class Descriptions please visit
 HealthSPORT.com

Cycle Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
6-6:50am Cycling Tasha		6-6:50am Cycling Tasha				
				9-9:50am Cycling Tracy		
5:45-6:35pm Cycling Tracy	5:45-6:35 Cycling Tami	5:45-6:35pm Cycling Tracy	5:45-6:35pm Cycling Vic			

DEMOS START FEB. 27th

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

February 27th- March 1st

**All HealthSPORT Locations.
Monday- Thursday**

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