

1500 Anna Sparks Way
McKinleyville, CA 95519
(707)839-9800



McKinleyville HealthSPORT

June 2011



Kids Korner Hours
M - Fri 8:00am-12:00pm
Sat 8:00am-12:00pm
M - Th 4:00-7:30pm
Reservations Recommended

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

Group X Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:20am- Power Pilates Abra	5:30-6:20am- Cardio Strength Tanya		5:30-6:20am Cardio Strength Tanya			
					8:15-9:05am TurboKick Danielle	
9-9:55am Zumba Julia	9-9:50am Strength Conditioning Danielle	9-9:50am Zumba Julia	9-9:50am Strength Conditioning Danielle	9-9:50am Zumba Julia	9:15-10:30am Step & Abs Carol	
10-10:55am Pilates Mat I Abra	10-11:25am Hatha Yoga Francis	10-10:55am Pilates Mat I Abra	10-11:25am Hatha Yoga Francis			9:30-10:25am Zumba Julia
4:30-5:20pm Strength Conditioning Nicolette		4:30-5:20pm Strength Conditioning Nicolette		4:30-5:20pm Strength Conditioning Adrianne 3/17 Nicolette 10, 24		
5:30-6:20pm Zumba Julia	5:30-6:20pm TurboKick Danielle	5:30-6:20pm Zumba Julia	5:30-6:20pm TurboKick Danielle			
6:45-8:00pm Bliss Yoga Francis	6:30-7:20pm Andy's Bootcamp	6:45-8:00pm Hatha Yoga Francis	6:30-7:20pm Andy's Bootcamp			

Cycle Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
				9-9:50am Cycling Tracy		
					9:30-10:20am Cycling Adrianne	
5:45-6:35pm Cycling Tracy	5:45-6:35pm Cycling Sandy	5:45-6:35pm Cycling Tracy	5:45-6:35pm Cycling Sandy			

Small Group Personal Training (\$) Schedule

8:00-8:55am TRX Suspension Training Andy (\$)		5:30-6:25am FIT Club Heather (\$) 4/6-6/22		8:00-8:55am TRX Suspension Training Andy (\$)		11:00-11:50am FIT Club Julia (\$) 6/5-7/28 (no class 7/3)
		1:00-1:50pm FIT Club Heather (\$) 4/6-6/22	4:00-4:50pm FIT Club TONE Andy (\$) 5/19-8/4			12:00-12:50pm Belly Blast-Belly Dance for Abs Julia (\$) 6/5-7/17 (no class 7/3)

Personal Training/Special Classes

Personal Training - Work one on one to develop a personalized fitness plan to achieve your goals. From \$45 to \$75 per session.
Belly Blast-Belly Dance for Abs - Learn to move your whole body using belly dance techniques and drills. Focus on the abs. \$69 for six week class.
FIT Club: Lose weight the right way! Exercise and Nutrition programing with accountability, motivation and support.. \$199. members. This is a 12 week program
FIT Club TONE - Tone up in time for summer: Exercise and nutrition programing with accountability, motivation and support. \$199 a 12 week program.
TRX Suspension Training - Engage all your muscles, build overall strength, balance and flexibility. \$49/month

Bliss Yoga - Achieve flexibility through the release of deep tensions and stresses
BootCAMP - High intensity class to help you reach your potential
Cardio Strength- intense cardio workout (may include simple step and cycling) combined with strength conditioning.
Cycling- low impact cardio meant to make you sweat, no complicated movements.
Hatha Yoga- Sustained postures with emphasis on alignment. Props are utilized.
Pilates Mat I-System of exercise involving stretching & breathing to strengthen your core.
Power Pilates- emphasis on core strengthening/awareness and breath, faster pace, more challenging options
Step-Fat burning cardio on a platform.All levels welcome.
Strength Conditioning-Total body workout. Basic weight training techniques.
TurboKick- a combination of kickboxing and dance moves to high energy music.The ultimate cardio-vascular challenge.
Zumba - Latin Rhythms with easy to follow moves.

PRO SHOP SALE!

30% Off ALL Clothing!!

5/22-6/14

HealthSPORT

McKinleyville

Belly Blast

BELLY DANCING FOR ABS

Burn Calories



In Style

June 5th- July 17th (no class 7/3)

Sunday's 12:00-1:00pm

Members: \$69 Community: \$118

Sign up at the Service Desk today.

McKinleyville HealthSPORT 1500 Anna Sparks Way 839-9800



www.healthsport.com



FIT CLUB

@ HealthSPORT

Meet your weight loss goals with: small group training, nutritional guidance, and accountability.

"There is not a single part of my life that FIT Club has not touched. I feel healthier, happier, and more able to let who I really am shine." - Heather Goodwin

"Being accountable for your actions helps with every choice you decide to make every day. I CHOOSE TO BE HEALTHY!!! Literally the best thing that has ever happened to me." - Nicole Rindels

Are you ready?

Space is limited!
See the Service Desk
or visit healthsport.com
to sign up.

Arcata
822-3488

Fortuna
725-9484

McKinleyville
839-9800

By the Bay
268-8220

Eureka
443-3488

www.healthsport.com

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