

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



Eureka HealthSPORT

February, 2012

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

Kids Korner Hours
Mon-Fri 8:30am-12:00pm
Mon-Thurs 4:30pm-7:30pm
Sat-Sun 8:30am-12:30pm

Group X Studio Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:20am Cycling Pam	6:30-7:00am HIIT Tami(\$) 2/14-3/8	5:30-6:20am Cycling Pam	6:30-7:00am HIIT Tami(\$) 2/14-3/8	5:30-6:20am Cycling Pam	7:00-7:50am Fit Club Jamie(\$) 2/4-4/21	
	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.(\$) 1/13-2/3	8:00-8:50am TRX Jamie(\$) 2/4-2/25 Weight Room	
8:30-9:20am Body Blast Rachel		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	Circuit workout posted	12:00-12:50pm Cycling Travis	12:00-12:50pm Strength & Conditioning Tami R.		10:30-11:20am Cycling Traci
4:30-5:20pm Cycle Strength Tami S.	4:30-5:20pm Strength & Conditioning Jenny			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			5:00-7:00pm Couples Yoga Workshop (\$) Francis 2/12
6:50-7:40pm Boot Camp Andrew	6:30-7:20pm Cycling Travis	6:50-7:40pm Boot Camp Jamie	6:30-7:20pm Cross Train Nicole	6:30-7:20 pm FIT Club BURN April (\$) 1/13-2/28		

Mind Body Studio Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
	6:00-6:50am Beginning Tai Chi Emanuel		6:00-6:50am Advanced Tai Chi Emanuel			
	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- 12:20pm Yoga Savannah	*10:30-11:45am Gentle Yoga Diann
12:00-12:50pm Zumba Fawn		12:00-12:50pm Zumba Fawn				
4:30-5:20pm Family Zumba Jessie				4:30-5:20pm Zumba Courtney	4:30-5:20pm Foundations(\$) Dr. Phil	
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 Zumba Jessie			
	7:30-8:30pm Twilight Yoga Janet		7:30-8:30pm Yoga Janet			

Specialty Class (\$) Schedule

	5:30-6:30am Master Swim Pam (\$) 2/14-3/6	6:30-7:20am FIT Club Traci(\$) 1/18-4/14	6:30-7:00am HIIT Tami(\$) 2/14-3/8	6:30-7:20am Contact Kickboxing Tami(\$) 2/10-3/2	7:00-7:50am Fit Club Jamie(\$) 2/4-4/21	
	6:30-7:00am HIIT Tami(\$) 2/14-3/8				8:00-8:50am TRX Jamie(\$) 2/4-2/25 Weight Room	5:00-7:00pm Couples Yoga Workshop (\$) Francis 2/12
	6:30-7:20 pm FIT Club BURN April (\$) 1/13-2/21 © By The Bay			6:30-7:20 pm FIT Club BURN April (\$) 1/13-2/28	10:30am-4:00pm PT Prep Course(\$) 1/21-3/3	

* Please enjoy our heated floor during these classes

For Full Class Descriptions please visit HealthSPORT.com

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Sat-Sun 8:30am-12:30pm

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					
	10:00-12:00pm Swim Lessons(\$) /Lap Swim					
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		1:00-3:00pm Lap Swim			
3:00-4:00pm Family Swim		3:00-4:00pm Family Swim				
4:00-5:30pm Family Swim No Lap Swim		4:00-5:30pm Family Swim No Lap 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		
	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			

TRX[®]
@ HealthSPORT
DEMOS

February 27th- March 1st
All HealthSPORT Locations.
5:00-6:30AM or 5:00-6:30PM

Swim Lessons(\$) Schedule **Session runs 2/1-2/29. Private lessons available by appt.**

4:00-4:30pm Intro to Strokes Nicole(\$)	3:30-4:00pm Tiny Swimmers Danielle(\$)		3:30-4:00pm Tiny Swimmers Danielle(\$)			
4:30-5:00pm Tiny Swimmers Emily(\$)	4:00-4:30pm Learn to Swim Danielle(\$)	4:30-5:00pm Tiny Swimmers Emily(\$)	4:00-4:30pm Learn to Swim Danielle(\$)			
5:00-5:30pm Learn to Swim Emily(\$)	4:00-5:00pm Swim Club Sarah(\$)	5:00-5:30pm Learn to Swim Emily(\$)	4:00-5:00pm Swim Club Sarah(\$)	5:00-5:30pm Baby Swim Nicole(\$)		
5:00-5:30pm Stroke Dev. Nicole(\$)						
5:30-6:00pm Tiny Swimmers Emily(\$)		5:30-6:00pm Tiny Swimmers Emily(\$)				