

## BROADWAY

"A LIFESTYLE FOR A LIFETIME"

## 2018 FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530-630am <b>REVV</b> (Tracy)	530-630am <b>Strength*</b> (Robyn)	530-630am <b>REVV</b> (Tracy)	530-630am <b>Strength*</b> (Robyn)	530-630am <b>REVV</b> (Tracy)	<b>FIRST SAT. CLASS</b> 815-945am (1.5 hr.) <b>REVV</b> (Tracy)	
5:30am "BOX" <b>CROSSFIT@\$</b> Holly	830-930am STUDIO <b>YOGA</b> (Lexy)	530am <b>CROSSFIT@\$</b> (Walker)	830-930am STUDIO <b>YOGA</b> (Lexy)	830-930am Studio <b>YOGA</b> (April)	815-915am <b>REVV</b> (Bree)	10-11am <b>ZUMBA@*</b> (Tyler)
830-925am <b>STEP</b> *(April)	900-955am <b>Zumba*</b> (Michaele)		930-1030am POOL <b>Fusion</b> (Karen)	930-1030am POOL <b>AQUA AEROBICS</b> (Stephanie)	930-1030am <b>H.I.I.T*</b> (Bree)	
830-930am STUDIO <b>YOGA</b> (Lexy)	930-1030am POOL <b>Fusion</b> (Karen)	830-930am <b>STEP*</b> (April)	10-11am <b>ZUMBA@*</b> (Ussi)	900-10am <b>ZUMBA@*</b> (Tigger)	915-1015am <b>CROSSFIT@\$</b> "BOX"	
	10-11am STUDIO <b>MAT*</b>	830-930am STUDIO <b>ENERGIZING YOGA</b> (Lexy)	10-11am STUDIO <b>MAT</b>	10-11am <b>FUN &amp; FIT*</b> (Pablo)		
930-1030am POOL <b>AQUA AEROBICS</b> (Stephanie)	12-1255pm <b>REVV</b> (Cedar)	930-1030am POOL <b>AQUA AEROBICS</b> (Stephanie)				
10-11am <b>FUN &amp; FIT*</b> (Pablo)		10-1055am <b>S.O.S*</b> (Michaele)	430-525pm <b>PIYO*</b> (Tigger)			
12-12:55pm <b>STRENGTH &amp; CONDITIONING*</b> (Pablo)	430-525pm <b>PIYO*</b> Tigger	12-1pm <b>REVV</b> (Aarin)	500-555 pm <b>Tred and Shred</b> Bree			
430-525pm <b>H.I.T.T*</b> (Bree)	500-555 pm <b>Tred and Shred</b> (Bree)	12-12:55pm <b>STRENGTH &amp; CONDITIONING*</b> (Pablo)	530-625pm <b>Latin Dance*</b> (Dani)			
530-625pm <b>ZUMBA@ *</b> (tigger)	530-630pm <b>REVV</b> (Rachele)	430-530pm <b>STRENGTH &amp; CONDITIONING*</b> (Bree)	530-630pm POOL <b>AQUA AEROBICS</b> (Stephanie)			
530-630pm "BOX" <b>CROSSFIT@\$</b> (Holly)	530-625pm <b>Latin Dance*</b> (Rose)	530-630pm <b>ZUMBA@*</b> (Tigger)				
530-625pm <b>REVV</b> (Kristine)	530-625pm POOL <b>AQUA AEROBICS</b> (Stephanie)	530-630pm <b>ZUMBA@*</b> (Tigger)	530-630pm "BOX" <b>CROSSFIT@\$</b> (Walker)			
530-630pm STUDIO <b>CDF</b> (Pablo)	530-630pm "BOX" <b>CROSSFIT@\$</b> (Jim)	530-630pm "BOX" <b>CROSSFIT@\$</b> (Jim)	530-630pm <b>REVV</b> (Kristine)			
	640-730pm <b>REVV Hybrid Torch</b> (Bree)	530-625pm <b>REVV</b> (Kristine)	630-730PM <b>REVV Hybrid Torch</b> (Bree)			
		530-630pm STUDIO <b>CDF</b> (Pablo)				

**KEY BOX:**

- \* Indicates classes in -MAIN GYM
- \$ Payment Required for class
- \$ CONTACT-PAYMENT-SIGN-UP REQUIRED
- SHADED AREA (class location)
- STUDIO / UPSTAIRS / The "BOX"
- "REVV" ROOM / POOL

**BROADWAY:** 518 W. Clark Street Eureka, CA. 95501 (707) 445-5445  
**Hours:** M-F 5am-10pm / Sat 8am-8pm / Sun 8am-7pm

**ANNEX:** 3909 Walnut Drive Cutten, CA. 95534 (707) 445-5442  
**Hours:** M-F 5am-9pm / Sat 9am-3pm /Sun 9am-3pm

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**NEW!** We are on Instagram-Cal Courts

The ANNEX & POOL  
schedules are located  
on the reverse side.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-645am <b>Interval Training</b> (Jose)		6-645am <b>Interval Training</b> (Jose)		6-645am <b>Interval Training</b> (Jose)		
9-955am <b>DTI ATFC</b> (Rendy)	9-955am <b>DTI ATFC</b> (Tasha)	9-955am <b>DTI ATFC</b> (Rendy)	9-955am <b>DTI ATFC</b> (Pablo)	9-955am <b>DTI ATFC</b> (Tasha)	9-10am <b>YOGA</b> (Lexy)	
10-1055am <b>ZUMBA®</b> (Michaele)	10-1055am <b>Step &amp; P90X</b> (Michaele)	10-1055am <b>ZUMBA®</b> (Ussi)	10-11am <b>Step &amp; P90X</b> (Michaele)			10:30-11:30am <b>YOGA</b> (Tasha)
	330-430pm <b>STRENGTH &amp; CONDITIONING</b> (Teri)		330-425pm <b>P90X</b> (Teri)		12-130pm <b>KID'S ICHIBO TENCHI DO</b> (Gary) \$	
430-525pm <b>Latin Dance</b> (Rose)	430-625pm <b>KID'S ICHIBO TENCHI DO</b> (Gary) \$	430-525pm <b>Latin Dance</b> (Rose)		4-455pm <b>KID'S ICHIBO TENCHI DO</b> (Gary) \$		
530-625pm <b>STRENGTH &amp; CONDITIONING</b> (Pablo)		530-625pm <b>STRENGTH &amp; CONDITIONING</b> (Jose)		5-625pm <b>ADULT ICHIBO TENCHI DO</b> (Gary) \$	<b>KEY BOX:</b> UNLIMITED CLASSES / PAYMENT & SIGN-UP REQUIRED	
630-730pm <b>YOGA</b> (Lexy)	630-800pm <b>YOGA</b> (April)	630-730pm <b>YOGA</b> (Lexy)	630-730pm <b>YOGA</b> (April)	630-730pm <b>YIN YOGA</b> (Lexy)	\$ CONTACT-PAYMENT-SIGN-UP REQUIRED	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-925am <b>LAP SWIM</b>	5-925am <b>LAP SWIM</b>	5-925am <b>LAP SWIM</b>	5-925am <b>LAP SWIM</b>	5-925am <b>LAP SWIM</b>	8-1pm <b>LAP SWIM</b>	8-1 am <b>LAP SWIM</b>
930-1030am <b>AQUA AEROBICS</b> (Stephanie)	930-1030am <b>FUSION</b> (karen)	930-1030am <b>AQUA AEROBICS</b> (Stephanie)	930-1030am <b>FUSION</b> (karen)	930-1030am <b>AQUA AEROBICS</b> (Stephanie)		
1030-330pm <b>LAP SWIM</b>	1030-330pm <b>LAP SWIM</b>	1030-330pm <b>LAP SWIM</b>	1030-330pm <b>LAP SWIM</b>	1030-330pm <b>LAP SWIM</b>		
330-5pm <b>FAMILY SWIM</b>	330-5pm <b>FAMILY SWIM</b>	330-5pm <b>FAMILY SWIM</b>	330-5pm <b>FAMILY SWIM</b>	330-5pm <b>FAMILY SWIM</b>	1-5pm <b>FAMILY SWIM</b>	1-5pm <b>FAMILY SWIM</b>
5-7pm <b>LAP SWIM</b>	5-525pm <b>LAP SWIM</b>	5-7pm <b>LAP SWIM</b>	5-525pm <b>LAP SWIM</b>	5-630pm <b>LAP SWIM</b>	5-730pm <b>LAP SWIM</b>	5-630pm <b>LAP SWIM</b>
	530-630pm <b>AQUA AEROBICS</b> (Stephanie)		530-630pm <b>AQUA AEROBICS</b> (Stephanie)			
7-8pm <b>FAMILY SWIM</b>	630-8pm <b>FAMILY SWIM</b>	7-8pm <b>FAMILY SWIM</b>	630-8pm <b>FAMILY SWIM</b>	630-8pm <b>FAMILY SWIM</b>		
8-930pm <b>LAP SWIM</b>	8-930pm <b>LAP SWIM</b>	8-930pm <b>LAP SWIM</b>	8-930pm <b>LAP SWIM</b>	8-930pm <b>LAP SWIM</b>		

**POOL RULES**

- **POOL CLOSED** one half hour before posted CLUB CLOSING HOUR.
- **SHOWER OFF** before entering the pool. Please use soap and hot water, then rinse off thoroughly.
- **NO COTTON MATERIALS** are permitted in the pool, **SWIM ATTIRE ONLY.**
- Adhere accordingly to the CLUB'S **RULES & REGULATIONS / AGE RESTRICTIONS.**
- **SWIM DIAPERS** are required for all children not yet potty trained. Please report all incidents immediately.
- **NO DIVING ALLOWED.** Violators will be asked to leave the pool area.
- **NO RUNNING ALLOWED** on the pool deck.
- **NO LIFEGUARD ON DUTY.**

Please respect the designated posted hours for **LAP SWIM, FAMILY SWIM, AQUA CLASSES** and **SWIM LESSONS**