



CLUB SCHEDULES

June 2017

Mon - Fri 5:00 am - 10:00 pm

Sat 8:00 am - 8:00 pm

Sun 8:00 am - 7:00 pm

BROADWAY

518 West Clark St.

Eureka, California

Phone 707-445-5445

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			TIME	SATURDAY			SUNDAY	
	BIG ROOM	CROSS FIT	STUDIO	REVV	BIG ROOM	CROSS FIT	STUDIO	REVV	BIG ROOM	CROSS FIT	STUDIO	REVV	BIG ROOM	CROSS FIT	STUDIO	REVV	BIG ROOM	STUDIO	REVV		BIG ROOM	CROSS FIT	REVV	BIG ROOM	STUDIO
5:30 - 6:30		Bree		Tracy						Bree		Tracy							Tracy						
6:00 - 7:00					Circuit Holly								Circuit Holly												
8:30 - 9:30	Step April								Step April								Step Michaelae	Yoga April		8:15 - 9:15			Rachele		
8:30 - 10:00							Yoga Lexy							Yoga Lexy						8:15 - 9:45			Tracy (1st Sat)		
9:30 - 9:55	Strength Pablo								Shred Michaelae								Shred Pablo			9:00 - 10:00				Circuit Holly	
10:00 - 11:00	Fun & Fit Pablo				Zumba Chris		Senior Stretch & Strength		SOS Michaelae				Zumba Chris		Senior Stretch & Strength		Fun & Fit Pablo			9:15 - 10:15		Alternate			
11:00 - 11:50																				10:00 - 11:00				Zumba Tyler	Yoga Tasha
11:50 - 1:00	Strength & Conditioning Robynn							Bree	Strength & Conditioning Erin				DOC Erin					Bree		10:30 - 11:30					
4:30 - 5:30	HITT Bree				PIYO Tigger				HITT Bree				PIYO Tigger				Pickle-Ball			12:00 - 3:00	Pickle-Ball			Pickle-Ball	
5:00 - 6:00																									
5:30 - 6:30	Zumba Tigger	Jim		Kristine	Zumba Tigger	Jim		Rachele	Zumba Tigger	Jim		Kristine	Zumba Tigger	Holly		Kristine	Pickle-Ball								
6:30 - 7:30		Holly				Jim		Hybrid Torch Bree		Jim						Hybrid Torch Bree									

“A LIFESTYLE FOR A LIFETIME”

FOR CLASS DESCRIPTIONS AND MORE, VISIT OUR WEBSITE: www.calcourtsfitness.com OR FIND US ON FACEBOOK.

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



BROADWAY—POOL SCHEDULE

Mon - Fri 5:00 am - 9:30 pm

Sat 8:00 am - 7:30 pm

Sun 8:00 am - 6:30 pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 - 9:25	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	8:00 - 10:00	LAP SWIM	LAP SWIM
9:30 - 10:30	Aqua Aerobics Stephanie	Silver Sneakers Splash Karen	Aqua Aerobics Stephanie	Silver Sneakers Splash Karen	Aqua Aerobics Stephanie	10:00 - 1:00	LAP SWIM	LAP SWIM
10:30 - 3:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	1:00 - 5:00	FAMILY SWIM	FAMILY SWIM
3:30 - 5:00	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	5:00 - 6:30	LAP SWIM	LAP SWIM
5:00 - 5:25	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	6:30 - 7:30	LAP SWIM	
5:30 - 6:30	LAP SWIM	Aqua Aerobics Stephanie	LAP SWIM	Aqua Aerobics Stephanie	LAP SWIM			
6:30 - 7:00	LAP SWIM	FAMILY SWIM	LAP SWIM	FAMILY SWIM	LAP SWIM			
7:00 - 8:00	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM			
8:00 - 9:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			

POOL RULES

SHOWER OFF before entering the pool. Please use soap and hot water, rinse thoroughly.

NO COTTON MATERIALS are permitted in the pool, **SWIM ATTIRE ONLY**.

Adhere accordingly to the CLUB'S RULES AND 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 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.

CLUB SCHEDULES

June 2017

Mon - Fri 5:00 am - 9:00 pm

Sat 9:00 am - 3:00 pm

Sun Closed for Summer

ANNEX

3909 Walnut Drive

Cutten, CA 95534

Phone 707-445-5442

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30		Step 2 it Jen		Step 2 it Jen			
6:00 - 6:45	Interval Training Rendy				Interval Training Rendy		
9:00 - 10:00	Pilates Sarah	Silver Pilates Pablo	Pilates Sarah	Silver Pilates Pablo	Pilates Astrid	Yoga Lexy	
10:00 - 11:00	Zumba Astrid	Step & P90X Michaele	Zumba Astrid	Step & P90X Michaele			
10:30 -							
12:00 - 1:30						Kids Ichibo Tenchi Do Gary	
3:30 - 4:30		P90X Teri		P90X Teri			
4:00 - 4:55					Kids Ichibo Tenchi Do Gary		
4:30 - 5:30		Adult Ichibo Tenchi Do Gary					
5:00 - 6:25					Adult Ichibo Tenchi Do Gary		
5:30 - 6:30	@5:15 Pilates Astrid	Kids Ichibo Tenchi Do Gary	@5:15 Pilates Astrid				
6:00 - 7:00							
6:30 - 7:45	Yoga Lexy		Yoga Lexy		Restorative Yoga Lexy		
6:30 -		Yoga April		Yoga April			

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