

CLUB SCHEDULES

BROADWAY

CAL COURTS
Health & Fitness Center

November

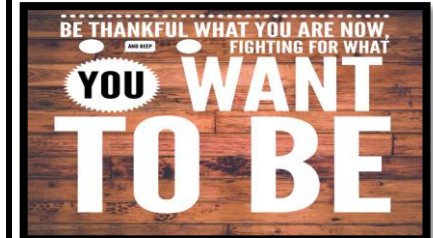
"A LIFESTYLE FOR A LIFETIME"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530-630am REVV (Tracy)	5:30-6:25 Total Training (Robyn)	530-630am REVV (Tracy)	5:30-6:25 Total Training (Robyn)	530-630am REVV (Tracy)	FIRST SAT. CLASS 815-945am (1.5 hr.) REVV (Tracy)	
	530-630am REVV Hybrid Torch (Bree)		530-630m REVV Hybrid Torch (Bree)	830-930am Studio YOGA (April)	815-915am REVV (Bree)	
830-925am STEP *(April)	830-930am STUDIO YOGA (Lexy)		830-930am STUDIO YOGA (Lexy)	930-1030am POOL AQUA AEROBICS (Stephanie)		
830-930am STUDIO YOGA (Lexy)	900-955am Zumba* (Dani)	830-930am STEP* (April)	9:30-10:30am Fusion Karen	900-10am ZUMBA@* Tigger	930-1030am CROSSFIT@\$ (Bree)"BOX"	
	9:30-10:30am Pool Fusion Karen	830-930am STUDIO ENERGIZING YOGA (Lexy)	9-10am Latin Dance* (Rose)	10-11am FUN & FIT* (Joshua)		
930-1030am POOL AQUA AEROBICS (Stephanie)	10:30-11:30am MOVEMENT & BALANCE* (Joshua)	930-1030am POOL AQUA AEROBICS (Stephanie)	10:30-11:30am MOVEMENT & BALANCE* (Joshua)			
10-11am FUN & FIT* (Joshua)		10-1055am SOS (Michaele)				
12-12:55pm STRENGTH & CONDITIONING* (Joshua)						
4:30-5:25pm Strength Circuit (Bree)		12-12:55pm STRENGTH & CONDITIONING* (Joshua)				
530-625pm ZUMBA@ * Tigger	430-525pm Zumba* Tigger	4:30-5:25pm STRENGTH & CONDITIONING (Bree)	4:30-5:25pm Zumba* Tigger			
530-630pm "BOX" CROSSFIT@\$ (Holly)	5:00-6:00pm Tred and Shred Bree	530-630pm ZUMBA@* Tigger	5:00-6:00pm Tred and Shred (Bree)			
530-625pm REVV (Kristine)	530-630pm REVV (Rachele)	530-630pm "BOX" CROSSFIT@\$ (Jim)				
		530-625pm REVV (Kristine)	530-630pm POOL AQUA AEROBICS (Stephanie)			
	530-625pm POOL AQUA AEROBICS (Stephanie)		530-625pm REVV (Kristine)			
	530-630pm "BOX" CROSSFIT@\$ (Jim)		530-630pm "BOX" CROSSFIT@\$ (Walker)			
			530-630pm			



KEY BOX:
* Indicates classes in -MAIN GYM
\$ Payment Required for class
\$ CONTACT-PAYMENT-SIGN-UP REQUIRED
RED INDICATES NEW CLASS OR NEW INSTRUCTOR

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

Find us on Facebook -Cal Courts Health and Fitness Center
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FOR CLASS DESCRIPTIONS AND MORE, visit our website: www.calcourtsfitness.com

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-645am Interval Training Joshua	6-645am Interval Training Rendy	6-645am Interval Training Joshua	6-645am Interval Training Rendy	6-645am Interval Training Joshua		
9-955am PILATES (Rendy)	9-955am PILATES (Tasha)	9-955am PILATES (Rendy)	9-955am PILATES (Cedar)		9:15-10:15am YOGA (Lexy)	10:30-11:30am YOGA (Tasha)
10-1055am ZUMBA®/Strong (Micheale)	10-1055am Step & P90X (Micheale)	10-1055am ZUMBA® (Dani)	10-11am Step & P90X (Micheale)			
	330-430pm CIRCUIT (Ieri)		330-430pm STRENGTH & CONDITIONING (Ieri)			12-130pm KID'S ICHIBO TENCHI DO (Gary) \$
	430-625pm KID'S ICHIBO TENCHI DO (Gary) \$			4-455pm KID'S ICHIBO TENCHI DO (Gary) \$	KEY BOX: UNLIMITED CLASSES / PAYMENT & SIGN-UP REQUIRED \$ CONTACT-PAYMENT-SIGN-UP REQUIRED	
				5-625pm ADULT ICHIBO TENCHI DO (Gary) \$		
630-730pm YOGA (Lexy)	630-800pm YOGA (April)	630-730pm YOGA (lexy)	630-800pm YOGA (April)			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-925am LAP SWIM	5-900am LAP SWIM	5-925am LAP SWIM	5-900am LAP SWIM	5-925am LAP SWIM	8-1pm LAP SWIM	8-1 pm LAP SWIM
930-1030am AQUA AEROBICS (Stephanie)	9:30-10:30am FUSION Karen	930-1030am AQUA AEROBICS (Stephanie)	9:30-10:30am FUSION Karen	930-1030am AQUA AEROBICS (Stephanie)		
1030-330pm LAP SWIM	1030-330pm LAP SWIM	1030-330pm LAP SWIM	1030-330pm LAP SWIM	1030-330pm LAP SWIM		
330-5pm FAMILY SWIM	330-5pm FAMILY SWIM	330-5pm FAMILY SWIM	330-5pm FAMILY SWIM	330-5pm FAMILY SWIM	1-5pm FAMILY SWIM	1-5pm FAMILY SWIM
5-7pm LAP SWIM	5-525pm LAP SWIM	5-7pm LAP SWIM	5-525pm LAP SWIM	5-630pm LAP SWIM	5-730pm LAP SWIM	5-630pm LAP SWIM
	530-630pm AQUA AEROBICS (Stephanie)		530-630pm AQUA AEROBICS (Stephanie)		YOU WILL NEVER KNOW YOUR LIMITS UNTIL YOU PUSH YOURSELF TO THEM.	
7-8pm FAMILY SWIM	630-8pm FAMILY SWIM	7-8pm FAMILY SWIM	630-8pm FAMILY SWIM	630-8pm FAMILY SWIM		
8-930pm LAP SWIM	8-930pm LAP SWIM	8-930pm LAP SWIM	8-930pm LAP SWIM	8-930pm LAP SWIM		

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**





