



# CLUB SCHEDULES



**BROADWAY**

**CALCOURTS**  
Health & Fitness Center

**AUGUST**

"A LIFESTYLE FOR A LIFETIME"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530-630am <b>REVV</b> (Tracy)	Returning in Sept <b>STRENGTH*</b> (Robyn)	530-630am <b>REVV</b> (Tracy)	Returning in Sept <b>STRENGTH*</b> (Robyn)	530-630am <b>REVV</b> (Tracy)	<b>FIRST SAT. CLASS</b> 815-945am (1.5 hr.) <b>REVV</b> (Tracy)	<b>Strength and Conditioning</b> <b>Jose</b> 9:00am begins 8/13
	530-630am <b>REVV Hybrid Torch</b> (Bree)		530-630m <b>REVV Hybrid Torch</b> (Bree)	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)	830-930am <b>STUDIO YOGA</b> (Lexy)		830-930am <b>STUDIO YOGA</b> (Lexy)	930-1030am <b>POOL AQUA AEROBICS</b> (Stephanie)		10:30-11:30am <b>YOGA</b> (Tasha)
830-930am <b>STUDIO YOGA</b> (Lexy)	900-955am <b>Zumba*</b> (Dani)	830-930am <b>STEP*</b> (April)	930-1030am <b>POOL Fusion</b> (Karen)	900-10am <b>ZUMBA@*</b> (Tigger)	915-1015am <b>CROSSFIT@\$</b> (Bree)"BOX"	
	930-1030am <b>POOL Fusion</b> (Karen)	830-930am <b>STUDIO ENERGIZING YOGA</b> (Lexy)	9-10am <b>Latin Dance*</b> (Rose)	10-11am <b>FUN &amp; FIT*</b> (Joshua)		
930-1030am <b>POOL AQUA AEROBICS</b> (Stephanie)	10:30-11:30am <b>MOVEMENT &amp; BALANCE*</b> (Joshua)	930-1030am <b>POOL AQUA AEROBICS</b> (Stephanie)	10:30-11:30am <b>MOVEMENT &amp; BALANCE*</b> (Joshua)	12-12:55pm <b>STRENGTH &amp; CONDITIONING*</b> (Joshua)		
10-11am <b>FUN &amp; FIT*</b> (Joshua)		10-1055am <b>SOS</b> (Micheale)		5:30-6:25pm <b>Hybrid Torch</b> (Bree)		
12-12:55pm <b>STRENGTH &amp; CONDITIONING*</b> (Joshua)		12-1pm <b>REVV</b> (Aarin)				
5:30-6:25pm <b>Strength Circuit</b> (Bree) <b>STUDIO</b>		12-12:55pm <b>STRENGTH &amp; CONDITIONING*</b> (Joshua)				
530-625pm <b>ZUMBA@ *</b> (tigger)	430-525pm <b>PIYO* starts 8/13</b> Tigger	5:30-6:25pm <b>STRENGTH &amp; CONDITIONING</b> (Bree) <b>STUDIO</b>	430-525pm <b>PIYO* starts 8/13</b> (Tigger)			
530-630pm "BOX" <b>CROSSFIT@\$</b> (Holly)	5:30-6:25pm <b>Tred and Shred</b> Bree	530-630pm <b>ZUMBA@*</b> (Tigger)	5:30-6:25pm <b>Tred and Shred</b> (Bree)			
530-625pm <b>REVV</b> (Kristine)	530-630pm <b>REVV</b> (Rachele)	530-630pm "BOX" <b>CROSSFIT@\$</b> (Jim)	530-630pm <b>POOL AQUA AEROBICS</b> (Stephanie)			
	530-625pm <b>Latin Dance*</b> (Rose)	530-625pm <b>REVV</b> (Kristine)	530-625pm <b>REVV</b> (Kristine)			
	530-625pm <b>POOL AQUA AEROBICS</b> (Stephanie)		530-630pm "BOX" <b>CROSSFIT@\$</b> (Walker)			
	530-630pm "BOX" <b>CROSSFIT@\$</b> (Jim)		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**

**TODAY IS A GOOD DAY TO**  
**WORKOUT.**

**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  
 NEW! We are on Instagram-Cal Courts

**FOR CLASS DESCRIPTIONS AND MORE, visit our website: [www.calcourtsfitness.com](http://www.calcourtsfitness.com)**

**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	6-645am <b>Interval Training</b> Jose	6-645am <b>Interval Training</b> Jose		
9-955am <b>PILATES</b>  (Rendy)	9-955am <b>PILATES</b>  (Tasha)	9-955am <b>PILATES</b>  (Rendy)			9:15-10:15am <b>YOGA</b>  (Lexy)	
10-1055am <b>ZUMBA®/Strong</b> (Michaele)	10-1055am <b>Step &amp; P90X</b> (Michaele)	10-1055am <b>ZUMBA®</b> (Dani)	10-11am <b>Step &amp; P90X</b> (Michaele)			Returning in Sept <b>YOGA</b> (Tasha)
	330-430pm <b>STRENGTH &amp; CONDITIONING</b> (Ieri)		330-430pm <b>STRENGTH &amp; CONDITIONING</b> (Ieri)		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) \$	<b>KEY BOX:</b> UNLIMITED CLASSES / PAYMENT & SIGN-UP REQUIRED \$ CONTACT-PAYMENT-SIGN-UP REQUIRED	
			5-625pm <b>ADULT ICHIBO TENCHI DO</b> (Gary) \$			
630-730pm <b>YOGA</b> (Lexy)	630-800pm <b>YOGA</b> (April)	630-730pm <b>YOGA</b> (lexy)	630-800pm <b>YOGA</b> (April)			

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 pm <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**

