

BROADWAY

CLUB SCHEDULES

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530-630am REVV (Tracy)	530-625 Total Training (Robyn)	530-630am REVV (Tracy)	530-625 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 SURGE (Bree)	900-1000am Circuit (Jason)
830-925am STEP *(April)	830-930am STUDIO YOGA (April)		830-930am STUDIO YOGA (Lexy)	930-1030am POOL AQUA AEROBICS (Stephanie)		
	900-955am Zumba* (Dani)	830-930am STEP* (April)		900-10am ZUMBA@* Tigger	930-1030am CROSSFIT@\$ (Bree)"BOX"	
930-1030am POOL AQUA AEROBICS (Stephanie)		830-930am STUDIO YOGA (Lexy)	9-10am Latin Dance* (Tigger)	10-11am FUN & FIT* (Joshua)		
10-11am FUN & FIT* (Joshua)	MOVEMENT & BALANCE* (Joshua)	930-1030am POOL AQUA AEROBICS (Stephanie)	10:30-11:30am MOVEMENT & BALANCE* (Joshua)			
12-1255pm STRENGTH & CONDITIONING* (Joshua)						
4:30-5:25pm Strength Circuit (Bree)		12-12:55pm STRENGTH & CONDITIONING* (Joshua)				
530-625pm ZUMBA@ * (Tigger)	430-525pm Zumba* (Tigger)	430-525pm STRENGTH & CONDITIONING (Bree)	430-525pm Zumba* (Tigger)			
530-630pm "BOX" CROSSFIT@\$ (Bree)	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@\$ (Holly)	530-625pm Circuit (Jason)			
	5:30-6:25pm Circuit (Jason)	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)			
	630-730pm Kick Boxing (Jason)		630-730pm Kick Boxing (Jason)			

"A LIFESTYLE FOR A LIFETIME"



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)	900-955 Pilates (Joshua)		915-1015am YOGA (Lexy)	1030-1130am YOGA (Tasha)
10-1055am ZUMBA®/Strong (Michaele)	10-1055am Step & P90X (Michaele)	10-1055am ZUMBA® (Dani)	10-11am Step & P90X (Michaele)			
	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	5-330pm LAP SWIM	5-925am LAP SWIM	5-330pm LAP SWIM	5-925am LAP SWIM	8-1pm LAP SWIM	8-1 pm LAP SWIM
930-1030am AQUA AEROBICS (Stephanie)		930-1030am AQUA AEROBICS (Stephanie)		930-1030am AQUA AEROBICS (Stephanie)		
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)		A ONE HOUR WORKOUT IS 4% OF YOUR DAY <i>no excuses</i>	
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**





