



CALCOURTS
Health & Fitness Center

CLUB SCHEDULE

"A LIFESTYLE FOR A LIFETIME"



AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-645am Interval Training Jennifer	6-645am Interval Training Rendy	6-645am Interval Training Jennifer	6-645am Interval Training Rendy	6-645am Interval Training Jennifer	900-955am REV Rachelle M	
9:30-10:25am ZUMBA@ Michaele	9:00-9:55 Yoga Lexy	9:30-10:25am ZUMBA@ Michaele	9:00-9:55 Yoga Lexy		10:00-10:55 Interval Amber	1030-1130am Yoga Tasha
1100-1155am Fun and Fit Tami		1100-1155am Fun and Fit Tami		1100-1155am Fun and Fit Amber	11:00-11:55 Yoga Lexy	12:00-1:00 Tai-Chi-Chuan Gary
1210-1255pm Strength Tami		1210-1255pm Strength Tami		1210-1255pm Cardio Core Amber		
430-525pm Interval Amber	4:15-5:00 Strength Teri	430-525pm Interval Amber	4:15-5:00 Strength Teri			
		530-625pm REV Rachelle M	515-610pm Oula Maria			

KEY BOX:

Red= NEW

Location: 3909 Walnut Drive Eureka, CA. 95503 (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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CAL COURTS



FOR CLASS DESCRIPTIONS AND MORE, visit our website: www.calcourtsfitness.com