

Humboldt Wellness Center

5050 Valley East Blvd, Arcata
 www.humboldtwellnesscenter.com
 707-822-2456



Sun

Mon

Tue

Wed

Thu

Fri

Sat

All our classes are FREE!

Thanks to funding from **Humboldt Patient Resource Center**—980 6th Street, Arcata

<p>1</p> <p>4pm Yoga w/ Jodie</p>	<p>2</p> <p>10:30am Laughter Yoga 12pm Yoga 4pm Yoga w/ Kendra 5:30pm Zumba w/ Phoung</p>	<p>3</p> <p>10:30 Power Abs 11am Circuit 12pm Yoga w/ Ali 4pm Healing Through Movement 5:30 Wellness Conversation & Dinner 6pm Zumba w/ Phoung</p>	<p>4</p> <p>8:30am Laughter Yoga 12pm Mommy/Baby Yoga 5:30pm Pilates 5:30-7:30pm Painting-Oil & Watercolor 6-7:30pm Reiki & Wellness Blessings</p>	<p>5</p> <p>10am Meditation 11:30 Power Abs 12pm Circuit 2-3pm Kids' Nutrition Series 5pm Kettlebell 6:00pm Zumba</p>	<p>6</p> <p>8:30am Aerobics 9:30am Strength & Conditioning 5:30-7:30pm Intro to Drawing 5:45pm Cardio Belly Dance</p>	<p>7</p> <p>9:30am Hula-robics 10:30am Power Abs 11am Circuit & Stretch</p>
<p>8</p> <p>4pm Yoga w/ Jodie 5:30-7:30pm Cooking: Easy & Healthy Summer Picnic</p>	<p>9</p> <p>10:30am Qi Gong 4pm Yoga w/ Danielle 5:30pm Zumba w/ Phoung 6:30pm Pilates</p>	<p>10</p> <p>10:30 Power Abs 11am Circuit & Stretch 12pm Yoga w/ Ali 4pm Healing Through Movement 6pm Zumba w/ Phoung</p>	<p>11</p> <p>8:30am Laughter Yoga 12pm Mommy/Baby Yoga 2pm Tai Chi 5:30pm Pilates 5:30-7:30pm Painting-Oil & Watercolor 6-7:30pm Reiki & Wellness Blessings</p>	<p>12</p> <p>10am Meditation 11:30 Power Abs 12pm Circuit 2-3pm Kids' Nutrition Series 5pm Kettlebell 6:00pm Zumba</p>	<p>13</p> <p>10am Losing the Baby Weight...no matter how long it's been 5:30-7:30pm Intro to Drawing 5:45pm Cardio Belly Dance</p>	<p>14</p> <p>9:30am Hula-robics 1:30pm Zumba w/ Joanna 4-6pm Improv</p>
<p>15</p> <p>1-2:30pm Parenting Class: Managing You & Your Child's Stress</p>	<p>16</p> <p>10:30am Qi Gong 12pm Yoga w/ Ali 5:30pm Zumba w/ Joanna 6:30pm Pilates</p>	<p>17</p> <p>10:30 Power Abs 11am Circuit & Stretch 12pm Yoga w/ Ali 4pm Healing Through Movement 6:00pm Zumba w/ Phoung</p>	<p>18</p> <p>8:30am Laughter Yoga 12pm Mommy/Baby Yoga 2pm Tai Chi Level 2 5:30-7:30pm Painting Oil & Watercolor* 5:30pm Pilates 6-7:30pm Reiki & Wellness Blessings</p>	<p>19</p> <p>10am Meditation 11:30 Power Abs 12pm Circuit 2pm Kids' Nutrition Series 5pm Kettlebell 5:30pm Cooking: Dried Beans & Legumes 6:00pm Zumba</p>	<p>20</p> <p>5:30-7:30pm Intro to Drawing 5:45pm Cardio Belly Dance</p>	<p>21</p> <p>9:30am Hula-robics 10:30am Power Abs 11am Circuit & Stretch 1:30pm Zumba w/ Joanna</p>
<p>22</p>	<p>23</p> <p>10:30am Qi Gong 12pm Yoga w/ Ali 4pm Yoga w/ Kendra 5:30pm Zumba w/ Joanna 6:30pm Pilates</p>	<p>24</p> <p>10:30 Power Abs 11am Circuit 12pm Yoga w/ Ali 4pm Healing Through Movement 6:00pm Zumba w/ Phoung</p>	<p>25</p> <p>8:30am Laughter Yoga 12pm Mommy/Baby Yoga 2pm Tai Chi—Level 2 5:30pm Pilates 5:30-7:30pm Painting 6-7:30pm Reiki & Wellness Blessings</p>	<p>26</p> <p>10am Meditation 11:30 Power Abs 12pm Circuit Training/Stretch 5pm Kettlebell 6:00pm Zumba w/ Phoung</p>	<p>27</p> <p>5:30pm Drawing 5:30-7:30pm Cooking: Summer Harvest Meal 5:45pm Cardio Belly Dance</p>	<p>28</p> <p>9:30am Hula-robics 10:00am-1pm Magic Mosaic Memories 10:30am Power Abs 11am Circuit Training 1-3 Beading: Creating a Beaded Bead 1:30pm Zumba 4-6 Improv</p>
<p>29</p> <p>5:15-7:15pm Writing for Health</p>	<p>30</p> <p>10:30am Qi Gong 12pm Yoga w/ Ali 4pm Yoga w/ Kendra 5:30pm Zumba 6:30pm Pilates w/ Joanna</p>	<p>31</p> <p>12pm Yoga w/ Ali 4pm Healing Through Movement 6:00pm Zumba w/ Phoung</p>	<p>WE OFFER MASSAGES \$40/hour OR ONLY \$20 IF YOU ARE AN HPRC PATIENT</p>		<p>Free Gentle Body Relief Sessions Various times available. Call for appointment</p>	

*Students must provide their own supplies for painting & drawing class—call for a list of supplies