

# ARCATA FITNESS SCHEDULE

November 2025

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 8am-5pm

## CYCLING STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45-6:30am</b> Cycling Laura B.		<b>5:45-6:30am</b> Cycling Laura B.				
	<b>9:00-9:45am</b> Cycling Rebecca		<b>9:00-9:45am</b> Cycling Julie			
					<b>9:30-10:15am</b> Cycle Strength Julie	
<b>12:15-1:00pm</b> Cycle Strength Susan		<b>12:15-1:00pm</b> Cycle Strength Susan		<b>12:15-1:00pm</b> Cycle Strength Rebecca		
	<b>5:30-6:15pm</b> Cycling Julie		<b>5:30-6:15pm</b> Cycling Rebecca			
<b>7:00-7:45pm</b> Cycling Savannah S.						

## CLASS DESCRIPTIONS

### Cycling:

This high-intensity cardio workout will push your limits and boost your endurance. You'll experience a rush of endorphins, leaving you with a sense of accomplishment and increased stamina. Get ready to pedal to the beat and leave feeling accomplished and energized!

### Cycle Strength:

The combination of high-energy cycling and strength exercises gives an immediate boost in mood and energy levels after the workout. Your muscles will feel worked yet energized, and you'll walk away with a renewed sense of confidence and determination.

**\*Space is limited. Reservations recommended.**

**HealthSPORT**  
300 Dr. M.L.K. Jr Pkwy  
Arcata | (707) 822-3488



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## GROUPX STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>6:00-6:45am</b> Power Pump Christina		<b>6:00-6:45am</b> Power Pump Christina			
<b>9:00-9:45am</b> Power Pump Roshan		<b>9:00-9:45am</b> Power Pump Roshan				
					<b>9:30-10:15am</b> Cycle Strength Julie	
	<b>10:00-10:45am</b> Dance Fusion Ellen		<b>10:00-10:45am</b> Dance Fusion Ellen			
					<b>10:30-11:15am</b> Zumba Jessica	<b>10:30-11:15am</b> Dance Fit Marissa
<b>12:15-1:00pm</b> Cycle Strength Susan		<b>12:15-1:00pm</b> Cycle Strength Susan		<b>12:15-1:00pm</b> Cycle Strength Rebecca		
<b>4:30-5:15pm</b> Strength & Conditioning Nicolette	<b>4:30-5:15pm</b> Core Sculpt Roshan	<b>4:30-5:15pm</b> Strength & Conditioning Nicolette	<b>4:30-5:15pm</b> Core Sculpt Roshan			
<b>5:30-6:15pm</b> Zumba Ruth		<b>5:30-6:15pm</b> Zumba Ruth	<b>5:30-6:15pm</b> Dance Fit Marissa			

## CLASS DESCRIPTIONS

### **Dance Fusion:**

This dynamic workout blends various dance styles to create a fun and energetic experience. You'll groove to the music, sweat out stress, and improve your coordination and flexibility. Get ready to unleash your inner dancer and leave feeling happy and refreshed!

### **Dance Fit:**

After taking a Dance Fit class, participants will feel energized, invigorated, and uplifted. The combination of fun dance routines set to a variety of music styles creates a joyful atmosphere, leaving everyone with a sense of accomplishment and a boost in mood. It's a perfect way to release stress and connect with your body, all while having a blast!

### **Zumba:**

This exhilarating dance workout combines Latin rhythms with cardio moves, creating a fun and high-energy atmosphere that will boost your mood, and improve your coordination and stamina so you feel uplifted, energized, and full of positivity. Get ready to dance your way to fitness!

### **Power Pump:**

This class is a total body workout that will increase muscular endurance, strength and balance.

**\*Booking classes to reserve a spot is recommended**

### **Strength & Conditioning:**

This class offers a combination of cardiovascular and strength training segments to elevate your heart rate and boost fat-burning potential.

### **Cycle Strength:**

The combination of high-energy cycling and strength exercises gives an immediate boost in mood and energy levels after the workout. Your muscles will feel worked yet energized, and you'll walk away with a renewed sense of confidence and determination.

### **Core Sculpt:**

This dynamic class targets your core muscles with a mix of sculpting exercises, leaving you with a deep sense of accomplishment and improved posture so you feel stronger, more toned, and centered.

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### MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:30-9:45am</b> Vinyasa Yoga Rebecca Bendzick		<b>8:30-9:45am</b> Yoga Flow Lena				
	<b>9:00-10:30am</b> Hatha Yoga Francis		<b>9:00-10:15am</b> Flow & Restore Yoga Amy	<b>9:00-9:45am</b> Pilates Mat Ellie	<b>9:00-9:45am</b> Pilates Mat Jandy	<b>9:00-10:15am</b> Forrest Yoga Janine
<b>10:00-11:00am</b> Yoga Flow Ali		<b>10:00-11:00am</b> Gentle Yoga Abra		<b>10:00-11:15am</b> Vinyasa Yoga Jenni	<b>10:00-11:00am</b> Buti Yoga Tara	
						<b>10:30-11:45am</b> Forrest Yoga Janine
<b>11:00-12:00pm</b> Forrest Yoga Janine		<b>11:00-12:00pm</b> Forrest Yoga Janine	<b>11:00-12:00pm</b> Yoga Flow Stephanie P.			
	<b>12:15-1:00pm</b> Pilates Mat Chloe		<b>12:15-1:00pm</b> Pilates Mat Susan	<b>12:15-1:00pm</b> Pilates Mat Susan		
<b>5:30-6:30pm</b> Align & Flow Yoga Janet	<b>5:30-6:45pm</b> Vinyasa Yoga Rebecca Band	<b>5:30-6:45pm</b> Align & Flow Yoga Janet	<b>5:30-6:15pm</b> Pilates Mat Kay	<b>5:30-6:45pm</b> Flow & Restore Yoga Karen		

## CLASS DESCRIPTIONS

### **Vinyasa Yoga:**

This dynamic yoga practice synchronizes breath with movement, helping you find a sense of flow and mindfulness so you feel centered, balanced, and refreshed. You'll release tension, improve flexibility, and cultivate inner strength. Get ready to connect mind, body, and spirit and leave feeling invigorated, calm, and ready to take on the day!

### **Forrest Yoga:**

This unique yoga practice focuses on breath work, core strength, and longer holds to deepen your practice and build resilience so you feel grounded, strong, and centered. You'll release tension, improve flexibility, and enhance body awareness. Get ready to connect with your inner self and leave feeling empowered, rejuvenated, and balanced.

### **Align & Flow Yoga:**

This class combines precise alignment cues with fluid movements to create a harmonious yoga practice so you feel balanced, energized, and aligned. You'll improve flexibility, strength, and posture while finding a sense of calm and focus. Get ready to align your mind and body and leave feeling refreshed, centered, and ready to embrace your day!

### **Hatha Yoga:**

This gentle yoga practice focuses on alignment, breathing, and holding poses to improve flexibility and reduce stress. You'll experience a sense of inner calm and mindfulness, leaving you refreshed and renewed. Get ready to unwind and leave feeling centered, peaceful, and rejuvenated.

### **Buti Yoga:**

Buti Yoga is a high-energy, dance-infused yoga practice that combines primal movements, dynamic sequences, and deep stretching. It's designed to help you connect with your body, release tension, and build strength. After class, you'll feel energized, empowered, and deeply connected to your body, with a sense of clarity and emotional release.

### **Flow & Restore Yoga:**

This class seamlessly combines dynamic flow sequences to energize the body with restorative poses to promote deep relaxation. You'll experience improved flexibility, reduced stress, and a sense of inner calm. Get ready to flow with grace and restore with ease, leaving you feeling renewed, centered, and blissfully relaxed.

### **Yoga Flow:**

This dynamic practice combines breath with fluid movements to create a harmonious flow of poses. You'll experience improved flexibility, strength, and mindfulness.

### **Gentle Yoga:**

This soothing practice focuses on gentle stretches, breath work, and relaxation techniques to ease tension and promote inner peace. You'll experience a sense of tranquility and mindfulness, leaving you refreshed and rejuvenated. Get ready to unwind and leave feeling restored, balanced, and a sense of serenity.

### **Pilates Mat:**

This core-focused workout targets muscles throughout your body, improving flexibility, posture, and overall strength. You'll experience a sense of lengthening and toning, leaving you feeling invigorated and more aware of your body. Get ready to sculpt and strengthen with precision, and leave feeling empowered aligned.

**\*Limited Yoga props available**

**\*Please bring your own mat**

**\*Booking classes to reserve a spot is recommended**

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## REFORMER STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00-6:50am</b> Reformer (\$) Jamie		<b>6:00-6:50am</b> Reformer (\$) Jamie		<b>6:00-6:50am</b> Pilates Circuit (\$) Jamie		
<b>8:00-8:50am</b> Reformer (\$) Roshan		<b>8:00-8:50am</b> Reformer (\$) Roshan		<b>8:00-8:50am</b> Restorative Reformer (\$) Jamie		
	<b>9:00-9:50am</b> Reformer Amplified (\$) Chloe		<b>9:00-9:50am</b> Reformer Amplified (\$) Chloe		<b>9:00-9:50am</b> Reformer (\$) Roshan	
<b>10:00-10:50am</b> Restorative Reformer (\$) Jamie	<b>10:00-10:50am</b> Beginner Reformer Series (\$) Chloe <i>Oct 14-Nov 17</i>	<b>10:00-10:50am</b> Reformer (\$) Jamie		<b>10:00-10:50am</b> Pilates Circuit (\$) Jamie	<b>10:00-10:50am</b> Reformer Amplified (\$) Roshan	<b>10:00-10:50am</b> Reformer (\$) Kay
				<b>11:00-11:50am</b> Beginner Reformer Series (\$) Jamie <i>Oct 17-Nov 14</i>		
			<b>4:30-5:20pm</b> Beginner Reformer Series (\$) Kay <i>Oct 16-Nov 13</i>			
<b>5:30-6:20pm</b> Reformer Essentials (\$) Jason	<b>5:30-6:20pm</b> Reformer (\$) Roshan	<b>5:30-6:20pm</b> Reformer Essentials (\$) Jason	<b>5:30-6:20pm</b> Reformer (\$) Roshan			

## CLASS DESCRIPTIONS

### **Reformer:**

This dynamic workout on the Pilates Reformer targets muscles throughout your body, improving strength, flexibility, and posture. You'll experience a deep muscle burn and a sense of alignment as you move through each exercise. Get ready to sculpt and strengthen with precision, and leave feeling lengthened, toned, and centered.

### **Reformer Essentials:**

This introductory workout on the Pilates Reformer focuses on fundamental movements and core exercises to improve strength, flexibility, and body awareness. You'll experience a deep connection with your muscles and a sense of accomplishment as you master the basics. Get ready to build a strong foundation, feel centered, and leave feeling invigorated.

### **Reformer Amplified:**

This advanced workout on the Pilates Reformer combines dynamic movements and advanced exercises to intensify your workout and push your limits. You'll experience a deep muscle burn and a sense of achievement as you elevate your practice. Get ready to amplify your strength, enhance your flexibility, and leave feeling challenged, energized, and accomplished.

**\*Socks required, sticky socks recommended.**

**\*Space is limited. Reservations recommended.**

### **Restorative Reformer:**

This gentle workout on the Pilates Reformer focuses on slow, controlled movements and deep stretching to promote relaxation, release tension, and improve flexibility. You'll experience a sense of calmness and renewal as you unwind and let go of stress. Get ready to nourish your body, calm your mind, and leave feeling refreshed, balanced, and ready to embrace a sense of tranquility.

### **Pilates Circuit:**

You'll leave the class feeling energized and strengthened, with improved posture, and increased flexibility, and toned muscles throughout the body. It's a dynamic experience that invigorates the mind and body, setting the stage for continued progress and a deeper connection to your fitness goals.

### **Beginner Reformer Series:**

Introduction to Reformer includes Mastering the Basics, Growing Confidence & Technique, and Putting it all Together

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## TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>6:00-6:50am</b> Team Training (\$) Jamie			
<b>9:00-9:50am</b> Move Through Menopause (\$) Jamie <i>Oct 27-Dec 3</i>	<b>9:00-9:50am</b> Team Training (\$) Laura	<b>9:00-9:50am</b> Move Through Menopause (\$) Jamie <i>Oct 27-Dec 3</i>	<b>9:00-9:50am</b> Team Training (\$) Laura			
	<b>11:00-11:45am</b> Everyday Strength Val		<b>11:00-11:45am</b> Everyday Strength Val			

## SESSION DESCRIPTIONS

### Everyday Strength:

This class is designed to improve mobility, strength, and balance for active agers. You'll enjoy gentle movements, stretches, and functional exercises that leave you feeling more agile and capable. Say goodbye to stiffness and hello to increased vitality and independence!

### Move Through Menopause:

A 6-week wellness program for women navigating perimenopause and menopause. We combine smart strength training, hormone-friendly nutrition, and sustainable lifestyle habits to support your changing body and help you reclaim your energy, strength, and peace of mind.

### Team Training:

Get ready to feel energized and empowered in our Team Training class! Combining strength and cardio components, you'll build muscle, boost endurance, and improve overall fitness. Walk away feeling accomplished and motivated, with increased strength, enhanced cardiovascular health, and a stronger sense of teamwork.

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