

MCKINLEYVILLE FITNESS SCHEDULE

November 2025

HealthSPORT

CARDLOCK FACILITY 24/7 Access STAFFED Mon-Thurs: 8am-6pm and Fri: 8am-1pm

GROUPX STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-8:50am Reformer (\$) Angie				
	9:00-9:50am Reformer Amplified (\$) Angie		9:00-9:50am Reformer (\$) Angie			
				10:00-11:30am Bliss Yoga Francis		
3:45-7:00pm No Limits Dance Academy (\$)	3:00-5:45pm No Limits Dance Academy (\$)	3:00-7:45pm No Limits Dance Academy (\$)	3:45-7:00pm No Limits Dance Academy (\$)			

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 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.

Bliss Yoga:

This gentle practice focuses on deep relaxation, breath work, and gentle stretching to promote inner peace and calmness. You'll experience a sense of tranquility and harmony, leaving you feeling refreshed and renewed. Get ready to unwind, let go of stress, and leave feeling blissful and centered.

No Limits Dance Academy:

Studio Reserved

*Reformer: Socks required, sticky socks recommended.

*Space is limited. Reservations recommended.

HealthSPORT

1500 Anna Sparks Way

McKinleyville | (707) 839-9800



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TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:50am Team Training (\$) Angie		9:00-9:50am Team Training (\$) Angie		9:00-9:50am Team Training (\$) Angie		
11:00-11:50am Team Training (\$) Angie		11:00-11:50am Team Training (\$) Angie		11:00-11:50am Team Training (\$) Angie		
	5:00-5:50pm Move Through Menopause (\$) Angie <i>Oct 28-Dec 4</i>		5:00-5:50pm Move Through Menopause (\$) Angie <i>Oct 28-Dec 4</i>			

SESSION DESCRIPTIONS

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.

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.

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

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