

# 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
		<b>8:00-8:50am</b> Reformer (\$) Angie				
	<b>9:00-9:50am</b> Reformer Amplified (\$) Angie		<b>9:00-9:50am</b> Reformer (\$) Angie			
				<b>10:00-11:30am</b> Bliss Yoga Francis		
<b>3:45-7:00pm</b> No Limits Dance Academy (\$)	<b>3:00-5:45pm</b> No Limits Dance Academy (\$)	<b>3:00-7:45pm</b> No Limits Dance Academy (\$)	<b>3:45-7:00pm</b> 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



# MCKINLEYVILLE FITNESS SCHEDULE

**November 2025**

**HealthSPORT**

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

## TRAINING STUDIO

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

## 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.**

**HealthSPORT**

1500 Anna Sparks Way  
McKinleyville | (707) 839-9800

