

ARCATA FITNESS SCHEDULE

October 2026

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 7am-8pm

CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30am Cycling Laura B.		5:45-6:30am Cycling Laura B.				
	9:00-9:45am Cycling Taylor		9:00-9:45am Cycling Julie			
					9:30-10:15am Cycle Strength Julie	
12:15-1:15pm Cycle Strength Susan		12:15-1:15pm Cycle Strength Susan		12:15-1:00pm Cycle Strength Taylor		
	5:30-6:15pm Cycling Rachel		5:30-6:15pm Cycling Rebecca			
7:00-7:45pm 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
	6:00-6:45am Power Pump Christina		6:00-6:45am Power Pump Christina			
9:15-10:00am Power Pump Roshan		9:15-10:00am Power Pump Roshan		9:15-10:00am Power Pump Roshan		
					9:30-10:15am Cycle Strength Julie	9:30-10:15am Step Tara
	10:00-10:45am Dance Fusion Ellen		10:00-10:45am Dance Fusion Ellen			
					10:30-11:15am Zumba Jessica	10:30-11:15am Dance Fit Marissa
	11:00-11:45am Everyday Strength Ellen		11:00-11:45am Everyday Strength Ellen			
12:15-1:15pm Cycle Strength Susan		12:15-1:15pm Cycle Strength Susan		12:15-1:00pm Cycle Strength Taylor		
4:30-5:15pm Strength & Conditioning Nicolette		4:30-5:15pm Strength & Conditioning Nicolette				
5:30-6:15pm Zumba Ruth	5:30-6:15pm Step Gio	5:30-6:15pm Zumba Ruth	5:30-6:15pm 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!

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!

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.

Step:

Elevate your heart rate in this high-energy cardio workout using an adjustable platform and choreographed footwork. It's a fun, rhythmic challenge designed to boost your endurance and coordination one step at a time.

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**

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901 8th Street, Arcata

HSALIGN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50am Reformer Flow (\$) Jamie	6:00-6:50am Reformer Fire (\$) Jamie	6:00-6:50am Reformer Flow (\$) Jamie	6:00-6:50am Reformer Fire (\$) Jamie	6:00-6:50am Reformer Flow (\$) Jamie		
				7:00-7:50am Reformer Fire (\$) Jamie		
8:00-8:50am Reformer Flow (\$) Roshan		8:00-8:50am Reformer Flow (\$) Roshan		8:00-8:50am Reformer Foundation (\$) Jamie		
					8:30-9:20am Reformer Flow (\$) Roshan	
	9:00-9:50am Reformer Flow (\$) Susan		9:00-9:50am Reformer Flow (\$) Jamie			
					9:30-10:20am Reformer Fire (\$) Roshan	
10:00-10:50am Reformer Flow (\$) Andrea		10:00-10:50am Reformer Flow (\$) Jamie		10:00-10:50am Reformer Foundation (\$) Susan		10:00-10:50am Reformer Foundation (\$) Melanie
	11:00-11:50am Reformer Flow (\$) Chloe		11:00-11:50am Reformer Flow (\$) Chloe			
12:15-1:00pm Reformer Fire (\$) Jamie		12:15-1:00pm Reformer Fire (\$) Jamie				
5:30-6:20pm Reformer Foundation (\$) Jason	5:30-6:20pm Reformer Flow (\$) Roshan	5:30-6:20pm Reformer Foundation (\$) Jason	5:30-6:20pm Reformer Flow (\$) Roshan			

CLASS DESCRIPTIONS

Reformer Foundation

Intensity: Low-to-Moderate | **Best for:** Deep core activation, alignment, and restorative strength.

Master the fundamentals of Pilates Reformer with a focus on core strength, proper alignment, and controlled movement. This class is designed to build your base, making it ideal for beginners learning the equipment or those seeking a restorative, focused session to reset and refine their form.

The Experience: Focused, empowering, and supportive.

Level: All Levels (Perfect for beginners or resetting your baseline).

Leave Feeling: Aligned, stronger, and deeply connected to your body.

Reformer Flow

Intensity: Moderate | **Best for:** Rhythmic movement, functional strength, and posture.

Our signature Pilates Reformer class enhances your functional strength, mobility, and posture. By moving with rhythm, precision, and seamless transitions, you will refine your coordination and increase your body control. Because this class maintains a steady pace with minimal stop-and-go, a baseline familiarity with Pilates is ideal to get the most out of the experience.

The Experience: Fluid, steady-paced, and athletic.

Level: All Levels (Best enjoyed if you know the Pilates basics).

Leave Feeling: Stronger, taller, and more balanced.

Reformer Fire

Intensity: High | **Best for:** High-energy endurance, strength, and a full-body challenge.

A dynamic, results-driven challenge designed for those who love to work hard and push their limits. This fusion-style class integrates varying elements such as Pilates mat, circuit training, strength, and the jumpboard, with the Reformer. Each session is uniquely curated by your instructor, offering a diverse blend of elements to push your strength, stamina, and control. Expect a demanding, full-body experience that tests your capabilities through varying methods of resistance and movement.

The Experience: High-energy, powerful, and music-driven.

Level: All Levels (Prepare to work hard and challenge your stamina).

Leave Feeling: Empowered, accomplished, and completely revitalized.

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

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

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MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:45am Align & Flow Yoga Peggy		8:30-9:45am Yoga Flow Lena				
	9:00-10:30am Hatha Yoga Francis			9:00-9:45am Pilates Mat Jandy	9:00-9:45am Pilates Mat Jandy	9:00-10:15am Forrest Yoga Janine
10:00-11:00am Yoga Flow Ali		10:00-11:00am Gentle Yoga Abra		10:00-11:15am Vinyasa Yoga Jenni	10:00-11:00am Buti Yoga Tara	
						10:30-11:45am Forrest Yoga Janine
11:00-12:00pm Forrest Yoga Janine	11:00-12:00pm Vinyasa Yoga Karen	11:00-12:00pm Forrest Yoga Janine	11:00-12:00pm Gentle Yoga Stephanie P.			
	12:15-1:00pm Pilates Mat Chloe		12:15-1:00pm Pilates Mat Susan	12:15-1:00pm Pilates Mat Susan		
5:30-6:30pm Align & Flow Yoga Janet	5:30-6:45pm Vinyasa Yoga Rebecca	5:30-6:45pm Align & Flow Yoga Janet	5:30-6:45pm Flow & Restore Yoga Karen			
	7:00-8:00pm Buti Yoga Gio			7:00-9:00pm Sound Bath Jen Madrone October 30		

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!

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.

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.

***Limited Yoga props available**

***Please bring your own mat**

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

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.

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.

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.

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.

Sound Bath:

Sound healing is a process that uses sound, frequency and vibration to balance the body, clear invasive energies and bring us back into alignment. This frees up our energy so that our self healing mechanisms can function properly and you can feel healed, balanced and strong.

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