ARCATA FITNESS SCHEDULE

November 2026

HealthSPORT

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

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 Val		**11:00-11:45am** Everyday Strength Val			
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!

***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.

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.

HealthSPORT
300 Dr. M.L.K. Jr Pkwy
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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 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					

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 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.

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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.**

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