MCKINLEYVILLE FITNESS SCHEDULE

November 2026

HealthSPORT

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

HSALIGN 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 ($) Angie			
				10:00-11:30am Bliss Yoga Francis		
	11:00-11:50am Reformer ($) Angie		**11:00-11:50am** Beginner Reformer ($) Angie			
3:45-6:30pm Studio Reserved for No Limits Dance Academy	**3:15-6:00pm** Studio Reserved for No Limits Dance Academy	**3:45-6:30pm** Studio Reserved for No Limits Dance Academy	**3:15-6:00pm** Studio Reserved for 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. All levels welcome.

Beginner Reformer:
New to Pilates or looking to refine your technique? Our Beginner Reformer class is the perfect place to start! Each class will focus on mastering the basics—breathing, posture, and controlled movement—while building core strength, improving mobility, and increasing overall body awareness. This class will leave you feeling more confident, balanced, and ready to take on more advanced classes.

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 Forge: Build ($) Angie		**9:00-9:50am** Forge: Ignite ($) Angie		**9:00-9:50am** Forge: Maintain ($) Angie		
11:00-11:50am Forge: Maintain ($) Angie		**11:00-11:50am** Forge: Maintain ($) Angie		**11:00-11:50am** Forge: Maintain ($) Angie		
	4:00-4:50pm Bodies for Birdies ($) Ken 11/3-11/24		**4:00-4:50pm** Bodies for Birdies ($) Ken 11/5-11/19			
	5:00-5:50pm Forge: Build ($) Angie		**5:00-5:50pm** Forge: Build ($) Angie			

SESSION DESCRIPTIONS

Forge: Maintain
Perfect for any fitness level — and especially great for beginners. This balanced full-body class mixes light strength, low-impact cardio, and mobility to build energy, confidence, and long-term strength.

Ignite:
Built for all fitness levels, this fast-paced circuit torches calories and keeps your heart rate up from start to finish. You'll power through stations combining strength, cardio, and boxing on the heavy bag for a high-energy, total-body burn.

Forge: Build
Designed for those with previous experience in weight training. This program pushes limits with progressive strength splits, power circuits, and high-intensity cardio — delivering serious results in strength, endurance, and performance.

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

Bodies for Birdies:
Take your golf game to the next level with Bodies for Birdies, a class designed to improve your strength, mobility, and overall performance on the course! This unique program combines golf-specific strength training with active recovery to help you swing harder, move more fluidly, and prevent injury.

Each week, you'll focus on a different aspect of your body's needs for golf: Building power in your swing, improving core stability, enhancing flexibility, and increasing range of motion. The strength portion will

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