ARCATA FITNESS SCHEDULE

November 2026

HealthSPORT
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 ($) Jamie		
8:00-8:50am Reformer Flow ($) Roshan		**8:00-8:50am** Reformer Flow ($) Roshan		**8:00-8:50am** Reformer Flow ($) Jamie		
					8:30-9:20am Reformer Flow ($) Roshan	
	9:00-9:50am Reformer Flow ($) Susan		**9:00-9:50am** Reformer Flow ($) Mahala			
					9:30-10:20am Reformer Fire ($) Roshan	
10:00-10:50am Reformer Flow ($) Andrea		**10:00-10:50am** Reformer Flow ($) Mahala		**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.**

HealthSPORT
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