EUREKA 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
8:30-9:45am Yoga Flow Lena	**8:30-9:15am** Pilates Mat Jason		**8:30-9:15am** Pilates Mat Jason		**8:30-9:30am** Vinyasa Yoga Tara	
10:00-10:45am Everyday Strength Laura		**10:00-10:45am** Everyday Strength Laura		**10:00-10:45am** Everyday Strength Marla	**10:00-11:15am** Roll & Restore Ali	
	10:30-11:45am Vinyasa Yoga Christine		**10:30-11:45am** Vinyasa Yoga Christine			
						11:00-12:15pm Yoga Flow Stephanie P.
	12:00-12:45pm Everyday Strength Casse		**12:00-12:45pm** Everyday Strength Casse			
		1:30pm-2:15pm Zumba Gold Casse				
5:30-6:45pm Vinyasa Yoga Christine	**5:30-6:15pm** Dance Fusion Stefani	**5:30-6:45pm** Vinyasa Yoga Christine				
			6:30-7:15pm Dancing After Dark Stefani			
				7:00-9:00pm Sound Bath Jen Madrone November 13		

CLASS DESCRIPTIONS

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.

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!

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.

Dancing After Dark:
Dancing After Dark is your class to move freely, let go, and reconnect with your power. Blending upbeat dance choreography with empowering body-positive movement, this class offers a moderate-intensity cardio session designed to build strength, flexibility, and coordination without leaving you completely drained. Moving to a mix of pop, hip-hop, R&B, and Latin rhythms, you'll leave feeling grounded, energized, and deeply confident in your body. All levels welcome—come as you are and leave glowing.

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.

***Limited Yoga props available**
***Please bring your own mat**
***Booking classes to reserve a spot is recommended**

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!

Zumba Gold:
This low-impact dance fitness class is designed for active agers or those new to exercise. You'll groove to fun and easy-to-follow dance moves set to Latin rhythms, improving cardiovascular health and boosting your mood. Get ready to have a blast and leave feeling happy and energized!

Roll & Restore:
A calming blend of myofascial release and gentle yoga designed to ease tension, improve mobility, and reconnect you to your breath. You'll move mindfully, roll intentionally, and leave feeling restored from the inside out.

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!

HealthSPORT
3441 Pennsylvania Ave
Eureka | (707) 443-3488

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HSALIGN STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:50am Beginner Reformer ($) Janice		**8:00-8:50am** Reformer ($) Janice		**8:00-8:50am** Reformer ($) Janice		
9:00-9:50am Reformer ($) Janice	**9:00-9:50am** Restorative Reformer ($) Janice	**9:00-9:50am** Reformer ($) Janice	**9:00-9:50am** Restorative Reformer ($) Janice	**9:00-9:50am** Reformer ($) Janice	**9:00-9:50am** Beginner Reformer ($) Melanie	
	12:00-12:50pm Jumpboard Reformer ($) Janice		**12:00-12:50pm** Jumpboard Reformer ($) Janice			
5:30-6:20pm Reformer ($) Laura		**5:30-6:20pm** Reformer ($) Laura				

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.

Jumpboard Reformer:
Experience the ultimate low-impact, high-intensity reformer workout! Jumpboard Reformer replaces the traditional footbar with a padded jumpboard, transforming your reformer into a horizontal jump-training machine. This dynamic class combines classic Pilates core work with invigorating cardio bursts, quickly elevating your heart rate while remaining gentle on your joints. Prepare for a full-body challenge!

Restorative Reformer:
This gentle workout on the Pilates Reformer focuses on slow, controlled movements and deep stretching to promote relaxation, release tension, and improve flexibility. You'll experience a sense of calmness and renewal as you unwind and let go of stress. Get ready to nourish your body, calm your mind, and leave feeling refreshed, balanced, and ready to embrace a sense of tranquility.

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: Socks required, sticky socks recommended.**
***Space is limited. Reservations recommended.**

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