

ARCATA INDOOR & OUTDOOR CLASSES

Fall 2022

Club Hours

Mon-Fri: 5:00am-9:00pm

Sat & Sun: 9:00am-5:00pm

MONDAY

Reformer (\$)	8:00am-8:45am	Roshan
Vinyasa Yoga	8:30am-9:45am	Ali
Power Pump	9:00am-9:45am	Roshan
Aqua Conditioning	9:00am-9:45am	Casse
Reformer (\$)	10:00am-10:45am	Jamie
Cardio Reformer (\$)	11:00am-11:45am	Jamie
Forrest Yoga*	11:00am-12:00pm	Janine
Cycle Strength*	12:15pm-1:00pm	Stephanie
Strength & Conditioning	4:30-5:15pm	Nicolette
Zumba	5:30pm-6:15pm	Ruth
HS50 Training (\$) Strength	5:30pm-6:20pm	Lecsi
Align & Flow	5:30pm-6:30pm	Janet

TUESDAY

Cycling*	5:45am-6:30am	Laura B.
Power Pump	6:00am-6:45am	Christina
Athletic Reformer (\$)	9:00am-9:45am	Stephanie
Cardio Splash (\$) 10/18-11/29	9:00am-9:50am	Casse
HS50 Training (\$) Low Impact Circuit	9:00am-9:50am	Sydney
Cycling*	9:00am-9:45am	Philip
Hatha Yoga	9:00am-10:00am	Francis
Dance Fusion	10:00am-10:45am	Stephanie
Everyday Strength	11:00am-11:45am	Val
Pilates Mat	12:15pm-1:00pm	Savannah

TUESDAY CONTINUED

Dance Fusion	5:30pm-6:15pm	Stephanie
Cycling*	5:30pm-6:15pm	Mona
Reformer (\$) Starts 11/18	5:30pm-6:15pm	Roshan
HS50 Training (\$) Cardio	5:30pm-6:20pm	Illiana
Vinyasa Yoga	5:30pm-6:45pm	Rebecca

WEDNESDAY

Reformer (\$)	8:00am-8:45am	Roshan
Vinyasa Yoga	8:30am-9:45am	Ali
Power Pump	9:00am-9:45am	Roshan
Aqua Conditioning	9:00am-9:45am	Casse
Cycle Strength*	9:00am-9:45am	Susan
Reformer (\$)	10:00am-10:45am	Jamie
Gentle Yoga	10:00am-11:00am	Abra
Forrest Yoga*	11:00am-12:00pm	Janine
Cycle Strength*	12:15pm-1:00pm	Stephanie
Strength & Conditioning	4:30-5:15pm	Nicolette
Zumba	5:30pm-6:15pm	Ruth
HS50 Training (\$) Strength	5:30pm-6:20pm	Lecsi
Align & Flow	5:30pm-6:30pm	Janet

HealthSPORT

300 Martin Luther King Jr. Way • (707) 822-3488



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THURSDAY

Cycling*	5:45am-6:30am	Laura B.
Power Pump	6:00am-6:45am	Christina
Athletic Reformer (\$)	9:00am-9:45am	Stephanie
Cardio Splash (\$) 10/18-11/29	9:00am-9:50am	Casse
HS50 Training (\$) Low Impact Circuit	9:00am-9:50am	Sydney
Cycling*	9:00am-9:45am	Philip
Dance Fusion	10:00am-10:45am	Stephanie
Everyday Strength	11:00am-11:45am	Val
Yoga Flow	11:00am-12:00pm	Stephanie P.
Pilates Mat	12:15pm-1:00pm	Savannah
Reformer (\$) Starts 11/10	5:30pm-6:15pm	Roshan
Cycling*	5:30pm-6:15pm	Mona
HS50 Training (\$) Cardio	5:30pm-6:20pm	Savannah
HS50 Training (\$) Cardio	5:30pm-6:20pm	Savannah

FRIDAY

Cycling*	9:00am-9:45am	Pam
Pilates Barre Fusion	9:00am-9:45am	Ellie
Reformer (\$)	9:00am-9:45am	Laura
Step	9:00am-9:45am	Marcella
Aqua Conditioning	9:00am-9:45am	Casse
Vinyasa Yoga	10:00am-11:15am	Jenni
Cycle Strength*	12:15pm-1:00pm	Julie
Zumba	5:30pm-6:15pm	Jamie K.

SATURDAY

Pilates Mat	9:00am-9:45am	Jandy
Bodyweight Bootcamp*	9:30am-10:15am	Sunny
Buti Yoga	10:00am-11:00am	Tara
Zumba	10:30am-11:15am	Jessica

SUNDAY

Step	9:30-10:15am	Marcella
Forrest Yoga	10:00am-11:15am	Janine
Zumba	10:30am-11:15am	Jamie K.

* Cycling classes will be held outside weather permitting

* Bring your own mat, limited Yoga props available

* Booking classes to reserve a spot is recommended

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