

EUREKA FITNESS SCHEDULE

December 2025

HealthSPORT

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

GROUPX STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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 Zumba Marla		
	10:30-11:45am Vinyasa Yoga Christine		10:30-11:45am Vinyasa Yoga Christine			
		11:00am-12:30pm Hatha Yoga Francis		11:00am-12:15pm Roll & Restore Ali		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				
			4:30-5:15pm Pilates Mat Ginger			
5:30-6:45pm Vinyasa Yoga Christine	5:30-6:15pm Dance Fusion Stefani & Phuong	5:30-6:45pm Vinyasa Yoga Christine	5:30-6:15pm Dance Fusion Stefani & Phuong			
				7:00-9:00pm Sound Bath (\$) Jen Madrone <i>Dec 5</i>		

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.

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.

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!

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!

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!

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!

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.

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**

HealthSPORT
3441 Pennsylvania Ave

Eureka | (707) 443-3488



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REFORMER STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:50am Reformer Essentials (\$) 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 Pilates Strength (\$) Janice	9:00-9:50am Reformer (\$) Janice	9:00-9:50am Reformer Essentials (\$) Janice	
						10:00-10:50am Reformer (\$) Roshan
	12:00-12:50pm RevUp Reformer (\$) Janice		12:00-12:50pm RevUp Reformer (\$) Janice			
				4:30-5:20pm Reformer (\$) Laura		
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.

RevUp Reformer:

This high-intensity workout on the Pilates Reformer combines dynamic movements and cardio bursts to elevate your heart rate and challenge your muscles. You'll experience a rush of endorphins and a sense of accomplishment as you push your limits and power through the workout. Get ready to rev up your fitness, boost your energy, and leave feeling strong.

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.

Pilates Strength:

This focused workout targets core strength, flexibility, and muscle tone using Pilates principles and light weights. You'll experience a deep muscle burn and a sense of empowerment as you engage your core and work through each controlled movement. Get ready to sculpt, tone, and leave feeling strong and balanced!

Reformer Essentials:

This introductory workout on the Pilates Reformer focuses on fundamental movements and core exercises to improve strength, flexibility, and body awareness. You'll experience a deep connection with your muscles and a sense of accomplishment as you master the basics. Get ready to build a strong foundation, feel centered, and leave feeling invigorated.

***Reformer: Socks required, sticky socks recommended.**

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

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

TRAINING STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-12:50pm Team Training (\$) Anya		12:00-12:50pm Team Training (\$) Anya		12:00-12:50pm Team Training (\$) Anya		
4:30-5:20pm Move Through Menopause (\$) Casse <i>Oct 27-Dec 4</i>			4:30-5:20pm Move Through Menopause (\$) Casse <i>Oct 27-Dec 4</i>			
5:30-6:20pm Team Training (\$) Anya	5:30-6:20pm Team Training (\$) Anya	5:30-6:20pm Team Training (\$) Anya	5:30-6:20pm Team Training (\$) Anya			

CLASS DESCRIPTIONS

Team Training:

Get ready to feel energized and empowered in our Team Training class! Combining strength and cardio components, you'll build muscle, boost endurance, and improve overall fitness. Walk away feeling accomplished and motivated, with increased strength, enhanced cardiovascular health, and a stronger sense of teamwork.

Move Through Menopause:

A 6-week wellness program for women navigating perimenopause and menopause. We combine smart strength training, hormone-friendly nutrition, and sustainable lifestyle habits to support your changing body and help you reclaim your energy, strength, and peace of mind.

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