

MCKINLEYVILLE FITNESS SCHEDULE

July 2026

HealthSPORT

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

GROUPX 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			
3:45-7:00pm No Limits Dance Academy (\$)	3:00-5:45pm No Limits Dance Academy (\$)	3:00-7:45pm No Limits Dance Academy (\$)	3:45-7:00pm 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.

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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		
	5:00-5:50pm Move Through Menopause (\$) Angie		5:00-5:50pm Move Through Menopause (\$) 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.

Move Through Menopause:

A wellness program for women navigating perimenopause and menopause. We use smart strength training to support your changing body and help you reclaim your energy, strength, and peace of mind.

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

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