

ARCATA FITNESS SCHEDULE

July 2026

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 8am-5pm
Starting July 11th Sat/Sun: 7am-8pm

CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30am Cycling Laura B.		5:45-6:30am Cycling Laura B.				
	9:00-9:45am Cycling Rebecca		9:00-9:45am Cycling Julie			
					9:30-10:15am Cycle Strength Julie	
12:15-1:15pm Cycle Strength Susan		12:15-1:15pm Cycle Strength Susan		12:15-1:00pm Cycle Strength Rebecca		
	5:30-6:15pm Cycling Rachel		5:30-6:15pm Cycling Rebecca			
7:00-7:45pm Cycling Savannah S.						

CLASS DESCRIPTIONS

Cycling:

This high-intensity cardio workout will push your limits and boost your endurance. You'll experience a rush of endorphins, leaving you with a sense of accomplishment and increased stamina. Get ready to pedal to the beat and leave feeling accomplished and energized!

Cycle Strength:

The combination of high-energy cycling and strength exercises gives an immediate boost in mood and energy levels after the workout. Your muscles will feel worked yet energized, and you'll walk away with a renewed sense of confidence and determination.

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

HealthSPORT

300 Dr. M.L.K. Jr Pkwy
Arcata | (707) 822-3488



ARCATA FITNESS SCHEDULE

July 2026

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 8am-5pm
Starting July 11th Sat/Sun: 7am-8pm

GROUPX STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-6:45am Power Pump Christina		6:00-6:45am Power Pump Christina			
	8:30-9:50am Swim Camp July 13-17 July 27-31		8:30-9:50am Swim Camp July 13-17 July 27-31			
9:15-10:00am Power Pump Roshan		9:15-10:00am Power Pump Roshan		9:15-10:00am Power Pump Roshan		
					9:30-10:15am Cycle Strength Julie	9:30-10:15am Step Tara
	10:00-10:45am Dance Fusion Ellen		10:00-10:45am Dance Fusion Ellen			
					10:30-11:15am Zumba Jessica	10:30-11:15am Dance Fit Marissa
	11:00-11:45am Everyday Strength Val		11:00-11:45am Everyday Strength Val			
12:15-1:15pm Cycle Strength Susan		12:15-1:15pm Cycle Strength Susan		12:15-1:00pm Cycle Strength Rebecca		
4:30-5:15pm Strength & Conditioning Nicolette		4:30-5:15pm Strength & Conditioning Nicolette				
5:30-6:15pm Zumba Ruth	5:30-6:15pm Step Gio	5:30-6:15pm Zumba Ruth	5:30-6:15pm Dance Fit Marissa			

CLASS DESCRIPTIONS

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!

Dance Fit:

After taking a Dance Fit class, participants will feel energized, invigorated, and uplifted. The combination of fun dance routines set to a variety of music styles creates a joyful atmosphere, leaving everyone with a sense of accomplishment and a boost in mood. It's a perfect way to release stress and connect with your body, all while having a blast!

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!

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!

Strength & Conditioning:

This class offers a combination of cardiovascular and strength training segments to elevate your heart rate and boost fat-burning potential.

Cycle Strength:

The combination of high-energy cycling and strength exercises gives an immediate boost in mood and energy levels after the workout. Your muscles will feel worked yet energized, and you'll walk away with a renewed sense of confidence and determination.

Step:

Elevate your heart rate in this high-energy cardio workout using an adjustable platform and choreographed footwork. It's a fun, rhythmic challenge designed to boost your endurance and coordination one step at a time.

Power Pump:

This class is a total body workout that will increase muscular endurance, strength and balance.

***Booking classes to reserve a spot is recommended**

HealthSPORT

300 Dr. M.L.K. Jr Pkwy

Arcata | (707) 822-3488



ARCATA FITNESS SCHEDULE

July 2026

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 8am-5pm
Starting July 11th Sat/Sun: 7am-8pm

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:45am Vinyasa Yoga Rebecca Bendzick		8:30-9:45am Yoga Flow Lena				
	9:00-10:30am Hatha Yoga Francis			9:00-9:45am Pilates Mat Jandy	9:00-9:45am Pilates Mat Jandy	9:00-10:15am Forrest Yoga Janine
10:00-11:00am Yoga Flow Ali		10:00-11:00am Gentle Yoga Abra		10:00-11:15am Vinyasa Yoga Jenni	10:00-11:00am Buti Yoga Tara	
						10:30-11:45am Forrest Yoga Janine
11:00-12:00pm Forrest Yoga Janine		11:00-12:00pm Forrest Yoga Janine	11:00-12:00pm Gentle Yoga Stephanie P.			
	12:15-1:00pm Pilates Mat Chloe		12:15-1:00pm Pilates Mat Susan	12:15-1:00pm Pilates Mat Susan		
5:30-6:30pm Align & Flow Yoga Janet	5:30-6:45pm Vinyasa Yoga Rebecca Band	5:30-6:45pm Align & Flow Yoga Janet	5:30-6:15pm Pilates Mat Kay			
			6:45-8:00pm Yoga Flow Karen			
	7:00-8:00pm Buti Yoga Gio					

CLASS DESCRIPTIONS

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!

Forrest Yoga:

This unique yoga practice focuses on breath work, core strength, and longer holds to deepen your practice and build resilience so you feel grounded, strong, and centered. You'll release tension, improve flexibility, and enhance body awareness. Get ready to connect with your inner self and leave feeling empowered, rejuvenated, and balanced.

Align & Flow Yoga:

This class combines precise alignment cues with fluid movements to create a harmonious yoga practice so you feel balanced, energized, and aligned. You'll improve flexibility, strength, and posture while finding a sense of calm and focus. Get ready to align your mind and body and leave feeling refreshed, centered, and ready to embrace your day!

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.

Buti Yoga:

Buti Yoga is a high-energy, dance-infused yoga practice that combines primal movements, dynamic sequences, and deep stretching. It's designed to help you connect with your body, release tension, and build strength. After class, you'll feel energized, empowered, and deeply connected to your body, with a sense of clarity and emotional release.

Gentle Yoga:

This soothing practice focuses on gentle stretches, breath work, and relaxation techniques to ease tension and promote inner peace. You'll experience a sense of tranquility and mindfulness, leaving you refreshed and rejuvenated. Get ready to unwind and leave feeling restored, balanced, and a sense of serenity.

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.

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.

***Limited Yoga props available**

***Please bring your own mat**

***Booking classes to reserve a spot is recommended**

HealthSPORT

300 Dr. M.L.K. Jr Pkwy

Arcata | (707) 822-3488



ARCATA FITNESS SCHEDULE

July 2026

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 8am-5pm
Starting July 11th Sat/Sun: 7am-8pm

TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-6:50am Forge: Build (\$) Jamie		6:00-6:50am Forge: Build (\$) Jamie			
8:30-9:50am Swim Camp July 13-17 July 27-31		8:30-9:50am Swim Camp July 13-17 July 27-31		8:30-9:50am Swim Camp July 13-17 July 27-31		
	9:00-9:50am Forge: Maintain (\$) Laura		9:00-9:50am Forge: Build (\$) Laura			
11:00-11:30am Swim Camp July 13-17 July 27-31	11:00-11:30am Swim Camp July 13-17 July 27-31	11:00-11:30am Swim Camp July 13-17 July 27-31	11:00-11:30am Swim Camp July 13-17 July 27-31	11:00-11:30am Swim Camp July 13-17 July 27-31		
12:15-1:00pm Swim Camp July 13-27 July 27-31	12:15-1:00pm Swim Camp July 13-27 July 27-31	12:15-1:00pm Swim Camp July 13-27 July 27-31	12:15-1:00pm Swim Camp July 13-27 July 27-31	12:15-1:00pm Swim Camp July 13-27 July 27-31		

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.

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.

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

HealthSPORT

300 Dr. M.L.K. Jr Pkwy
Arcata | (707) 822-3488



