

HealthSPORT

Studio II Class Descriptions

Fundamental Mat - Pilates Basics for core strength and stability.

Mat - Pilates floor work using bands, Pilates circles, foam rollers & a variety of exercises to strengthen your total body, especially your core.

Mat/Reformer - A combination of Pilates Mat and Reformer that offers a fun full body workout to improve flexibility, strength and balance.

Reformer - Pilates using the Reformer for resistance and support, as you strengthen & shape your body.

Specialty Class Descriptions

FIT Club - Lose weight the right way! Exercise and Nutrition programing with accountability, motivation and support. 6 or 12 week program.

HIIT- (High intensity interval training)

Bursts of intense exercises, increasing heart rate to burn max amount of calories

Cycling Class Descriptions

Cycling - Fat burning cardio.

Cycle Strength - 30 min. of cycling followed by weight room strength training.

New to Cycling? Welcome!

Please arrive a few minutes early to class so the instructor can fit you to your bike and provide instruction to maximize the enjoyment of your class.

Gymnasium Class Descriptions

Boot Camp - Run, sprint, jump and weight train.

Boot Camp Xtreme - Intense-Run, sprint, jump and weight train.

Dance Mix -Aerobic dance with an international mix

Lite Strength- Gentle & guided weight lifting instruction.

Step - Fat burning cardio on a platform - all levels welcome.

Strength Conditioning- Total body strength training

Body Blast - Strength training to music

Zumba - Latin Rhythms with easy to follow moves.

ARCATA
822.3488

BY THE BAY
268.8220

EUREKA
443.3488

FORTUNA
725.9484

MCKINLEYVILLE
839.9800



HEALTHSPORT.COM