

## Humboldt Wellness Center

5050 Valley East Blvd, Arcata  
[www.humboldtwellnesscenter.com](http://www.humboldtwellnesscenter.com)  
 707-822-2456



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**All our classes are FREE!**

Thanks to funding from **Humboldt Patient Resource Center**—980 6th Street, Arcata

<p><b>Free Gentle Body Relief Sessions</b>                  Various times available. Call for appointment</p>	<p><b>WE OFFER MASSAGES—\$40 OR ONLY \$20 IF YOU ARE AN HPRC PATIENT</b></p> <p><small>*Students must provide their own supplies for painting class—call for a list of supplies                  *Reiki Mini Sessions by appointment only</small></p>		<p><b>1</b>                  11:30 Power Abs                  12pm Circuit Training/Stretch                  4pm Meditation                  5pm Kettlebell                  6:00pm Zumba</p>	<p><b>2</b>                  5:30-7:30pm Intro to Drawing                   5:45pm Cardio Belly Dance</p>	<p><b>3</b>                  10:30am Power Abs                  11am Circuit &amp; Stretch</p>	
<p><b>4</b>                  Center Closed</p>	<p><b>5</b>                  10:30am Qi Gong                   12pm Alignment Flow Yoga w/ Ali                   4pm Power Flow Yoga w/ KaliShakti                   6:30pm Pilates</p>	<p><b>6</b>                  10:30 Power Abs                   11am Circuit &amp; Stretch                   12pm Yoga w/ Ali                   6pm Zumba</p>	<p><b>7</b>                  8:30am Laughter Yoga                  12pm Mommy/Baby Yoga                  2pm Tai Chi—Intro                  5:30pm Pilates                  5:30-7:30pm Painting-Oil &amp; Watercolor                  6-7:30pm Reiki &amp; Wellness Blessings by appt.</p>	<p><b>8</b>                  11:30 Power Abs                  12pm Circuit Training/Stretch                  4pm Meditation                  5pm Kettlebell                  6:00pm Zumba</p>	<p><b>9</b>                  5:30-7:30pm Intro to Drawing                   5:45pm Cardio Belly Dance</p>	<p><b>10</b>                  9:30am Hula-robics                  10:30am Power Abs                  11am Circuit &amp; Stretch                  4-6pm Improv</p>
<p><b>11</b>                  4pm Power Flow Yoga w/ KaliShakti                   5:30pm Cooking: Fresh &amp; Easy Summer Appetizers                   6-7:30pm Matrix Energetics</p>	<p><b>12</b>                  10:30am Qi Gong                  12pm Yoga w/ Ali                  4pm Power Flow Yoga w/ KaliShakti                  5:30pm Zumba                  6:30pm Pilates</p>	<p><b>13</b>                  10:30 Power Abs                  11am Circuit &amp; Stretch                  12pm Yoga w/ Ali                  1:30-3pm Summertime Poetry for Kids                  6:00pm Zumba</p>	<p><b>14</b>                  8:30am Laughter Yoga                  12pm Mommy/Baby Yoga                  2pm Tai Chi Level 2                  5:30-7:30pm Painting Oil &amp; Watercolor*                  5:30pm Pilates                  6-7:30pm Reiki &amp; Wellness Blessings (Mini Sessions-Appt required)</p>	<p><b>15</b>                  10:00-7 Massage (appt required)\$                  11:30 Power Abs                  12pm Circuit Training/Stretch                  4pm Meditation                  5pm Kettlebell                  6:00pm Zumba</p>	<p><b>16</b>                  5:30-7:30pm Intro to Drawing                   5:45pm Cardio Belly Dance</p>	<p><b>17</b>                  9:30am Hula-robics                  10:30am Power Abs                  11am Circuit &amp; Stretch</p>
<p><b>18</b>                  4pm Power Flow Yoga w/ KaliShakti                   6-7:30 Matrix Energetics Healing Circle</p>	<p><b>19</b>                  10:30am Qi Gong                  12pm Yoga w/ Ali                  4pm Power Flow Yoga w/ KaliShakti                  5:30pm Zumba                  6:00pm Wellness Conversation &amp; Dinner                  6:30pm Pilates</p>	<p><b>20</b>                  10:30 Power Abs                   11am Circuit                   12pm Yoga w/ Ali                   6:00pm Zumba</p>	<p><b>21</b>                  8:30am Laughter Yoga                  12pm Mommy/Baby Yoga                  2pm Tai Chi—Level 2                  5:30pm Pilates                  5:30-7:30pm Painting                  6-7:30pm Reiki &amp; Wellness Blessings (Mini Sessions-Appt required)</p>	<p><b>22</b>                  11:30 Power Abs                  12pm Circuit Training/Stretch                  4pm Meditation                  5pm Kettlebell                  6:00pm Zumba</p>	<p><b>23</b>                  5:30-7:30pm Kids Basic Cooking Class                  5:30pm Drawing                  5:45pm Cardio Belly Dance</p>	<p><b>24</b>                  9:30am Hula-robics                  10:30am Power Abs                  11am Circuit Training &amp; Stretch                  1-3pm Healing Through Movement                  4-6 Improv</p>
<p><b>25</b>                  4pm Power Flow Yoga w/ KaliShakti</p>	<p><b>26</b>                  10:30am Qi Gong                  12pm Yoga w/ Ali                  4pm Power Flow Yoga w/ KaliShakti                  5:30pm Zumba                  6:30pm Pilates</p>	<p><b>27</b>                  12pm Yoga w/ Ali                   6:00pm Zumba</p>	<p><b>28</b>                  8:30am Laughter Yoga                  12pm Mommy/Baby Yoga                  2pm Tai Chi -Level 2                  5:30pm Pilates                  5:30-7:30pm Painting                  6-7:30pm Reiki &amp; Wellness Blessings *</p>	<p><b>29</b>                  4pm Meditation                   5pm Kettlebell                   5:30pm Cooking for Optimal Health                   6pm Zumba</p>	<p><b>30</b>                  5:30-7:30pm Drawing</p>	<p><b>31</b>                  9:30am Hula-robics                  10:30am Power Abs                  11am Circuit Training &amp; Stretch</p>