



TRY BEFORE YOU BUY WEEK
Try out Spring classes before you buy a pass!
JANUARY 23-29

GROUP FITNESS SCHEDULE

WINTER 2016-2017 Dec 12-Jan 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
● Sunrise Yoga 6:15 am—(60 minutes) Cathie		● Sunrise Yoga 6:15 am—(60 minutes) Cathie		
● Yoga 12:15 pm—(60 minutes) Cathie	▲ Cycle Circuit 12:15 pm—(60 minutes) Kendra	● Yoga 12:15 pm—(60 minutes) Dominique	▲ Cycle Circuit 12:15 pm—(60 minutes) Kendra	● Yoga 12:15 pm—(60 minutes) Irene
★ Bells, Bags & Ropes 12:15 pm—(45 minutes) Dom	● Mat Pilates 12:15 pm—(45 minutes) Christie	★ Bells, Bags & Ropes 12:15 pm—(45 minutes) Dom	● Mat Pilates 12:15 pm—(45 minutes) Christie	■ Zumba 12:15 pm—(45 minutes) Alex
▲ Cycling in the Zones 4:30 pm—(45 minutes) Cathie	■ Bootcamp 4:30 pm—(60 minutes) Courtney	▲ Cycling in the Zones 4:30 pm—(45 minutes) Cathie	■ Bootcamp 4:30 pm—(60 minutes) Courtney	▲ CSI: Cardio & Strength Intervals 3:30 pm—(45 minutes) Jasmine
● Mat Pilates 5:15 pm—(45 minutes) Christie	● Yoga 5:30 pm—(60 minutes) Dominique	■ Barre Bootcamp 5:15 pm—(45 minutes) Barrett	● Yoga 5:30 pm—(60 minutes) Chevelle	▲ Foam Roll & Release 4:15 pm—(20 minutes) Jasmine

▲ Rubicon Studio (Cardio & Strength)	● Feather Studio (Mind & Body)	■ Klamath Studio (Cardio & Strength)	★ Performance Center (Small Group)
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WINTER ALL ACCESS PASS: \$10 | DROP IN FEE: \$3/CLASS

NOTES

- * Class schedule is subject to change. Check website for updates thewellatsacstate.com
- * Holidays: No classes will be offered **December 23, 2016–January 2, 2017**
- * Class Cancellations: No Classes will be held on **January 16, 2017**



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CLASS DESCRIPTIONS

CARDIO/STRENGTH

BARRE BOOTCAMP

Barre Bootcamp is a high-energy program that focuses on strength, flexibility, stamina and dynamic stability by combining elements from Pilates, dance, cardio and strength training. The Barre method emphasizes the correct biomechanics of movement combined with the power of music to increase strength, flexibility, stamina and dynamic stability. No dance experience or tutus required!

BOOTCAMP

Looking for a booty kicking workout? Look no further! This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate workout.

BELLS, BAGS & ROPES

This class is set up to make you sweat! The class design is to use non-traditional exercise equipment such as kettlebells, sandbags, warrior ropes, TRX and more to strengthen functional movements.

CSI: CARDO & STRENGTH INTERVALS

CSI is a challenging workout which builds cardiovascular and muscular strength by rotating through intervals using a variety of equipment.

MIND/BODY

YOGA/SUNRISE YOGA

Will develop inner and outer strength, increase stamina and flexibility and help you get centered through a blend of different yoga traditions. This class links body, breath and mind with focus on alignment and is appropriate to all fitness levels.

FOAM ROLL & RELEASE

Foam rolling is used to increase circulation, release "knots" or adhesions that form in muscles, and it is also used to help relax the nervous system. Simply by using your own body weight on the rollers, you can reduce pain and tension, and restore normal muscle length and balance.

CYCLE CIRCUIT

This class is perfect for those who want a challenging workout which builds cardiovascular and muscular strength all in a one hour class. Participants will rotate through a variety of stations using indoor bikes, free weights, steps and stability balls.

CYCLING IN THE ZONES

The WELL is proud to offer this heart rate monitored group cycling and foam rolling fusion class, all in one! Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout. In Cycling in the Zones you will get the added benefit of foam rolling to release pain and tension in the muscles and will walk away feeling refreshed and rejuvenated.

ZUMBA®

Zumba is a high-energy dance aerobic workout. This class fuses together Latin/International rhythms and easy to follow dance steps. Zumba feels more like a dance party than a workout and leaves people feeling fit and happy!

MAT PILATES

(pih-lah-tees) teaches body awareness and good posture through easy, graceful movement. It improves flexibility, agility and economy of motion. It can even help alleviate back pain. Pilates develops a strong "core" or center of the body, integrating the trunk, pelvis and shoulder girdle. This class is appropriate for all levels.