

# FREE GROUP FITNESS

# FALL 18

## AUGUST 27-DECEMBER 9 SCHEDULE

### MONDAY

\$ 7:30 AM	Bells Bags & Ropes (45 min.)	Michael	Performance Center
10:00 AM	Cycling in the Zones (45 min.)	David	Rubicon
11:00 AM	Mat Pilates (45 min.)	Cathie	Feather
12:15 PM	Yoga (60 min.)	Cathy	Feather
\$ 12:15 PM	Bells Bags & Ropes (45 min.)	Michael	Performance Center
12:30 PM	Strong by Zumba (60 min.)	Ramona	Klamath
▶ 1:30 PM	How to Use Heart Rate Monitoring for Actual Results (45 min.) <i>(from 10/1-10/22 only)</i>	Cathie	Rubicon
3:30 PM	Yoga (60 min.)	Alicia	Feather
\$ 4:30 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
4:30 PM	Abs & Core (30 min.)	Alex	Klamath
5:15 PM	Start Strong (30 min.) <i>Private Faculty/Staff Class</i>	Alex	Klamath
5:15 PM	Barre Fight (45 min.)	Barrett	Feather
\$ 5:45 PM	HIIT Circuit (45 min.)	Taylor	Performance Center
5:45 PM	Zumba (60 min.)	Brittany	Rubicon
6:15 PM	Total Body Conditioning (60 min.)	Alex	Klamath
6:30 PM	Yoga (60 min.)	Jany	Feather
★ 7:15 PM	Self Defense (60 min.) <i>(see next page for session dates)</i>	Vic	Rubicon
7:30 PM	Foam Roll & Release (30 min.)	Alex	Klamath

### TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
▶ 9:00 AM	KORU Meditation (90 min.) <i>(from 9/18-10/9 only)</i>	Cheryl	Rubicon
9:15 AM	Yin Yoga (60 min.)	Summer W.	Feather
\$ 11:00 AM	Barbell Mania (45 min.)	Summer G.	Klamath
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
12:15 PM	Mat Pilates (45 min.)	Christie	Feather
1:45 PM	Total Body Tabata (45 min.)	Trinidad	Klamath
2:45 PM	Foam Roll & Release (30 min.)	Trinidad	Klamath
\$ 3:30 PM	Tough Turf (45 min.)	Trinidad	Turf Area or Performance Center
3:30 PM	Yoga (60 min.)	Chris	Feather
4:30 PM	Bootcamp (60 min.)	Courtney	Klamath
5:15 PM	Yoga (60 min.)	Chris	Feather
5:15 PM	Start Strong (30 min.) <i>Private Faculty/Staff Class</i>	Christie	Rubicon
6:00 PM	Chizzled (45 min.)	Christie	Rubicon
\$ 6:15 PM	Bells Bags & Ropes (45 min.)	Tommy	Performance Center
6:15 PM	Zumba (60 min.)	Alex	Klamath
7:15 PM	Cycle (45 min.)	Aspen	Rubicon

### SATURDAY

\$ 9:45 AM	Strike It! (60 min.)	Chris	Performance Center
10:00 AM	Zumba (45 min.)	Ramona	Klamath
10:45 AM	Yoga (60 min.)	Kate	Feather
11:00 AM	R.I.P.E.D. (60 min.)	Ramona	Klamath

### SUNDAY

6:00 PM	Total Body Conditioning (60 min.)	Ramona	Klamath
7:00 PM	Yoga (60 min.)	April	Feather

### WEDNESDAY

6:15 AM	Cycling in the Zones (45 min.)	Melissa	Rubicon
7:15 AM	Kundalini Yoga (60 min.)	Manvir	Feather
▶ 7:30 AM	Foam Roll for Function (30 min.) <i>(from 10/10-10/31 only)</i>	Michael	Rubicon
10:00 AM	Cycling in the Zones (45 min.)	David	Rubicon
11:00 AM	Mat Pilates (45 min.)	Cathie	Feather
12:15 PM	Yoga (60 min.)	Cathy	Feather
\$ 12:15 PM	Bells Bags & Ropes (45 min.)	Michael	Performance Center
12:15 PM	Total Body Conditioning (45 min.)	Summer G.	Klamath
▶ 3:30 PM	KORU Meditation (90 min.) <i>(from 10/10-10/31 only)</i>	Cheryl	Rubicon
3:30 PM	Yoga (60 min.)	Alicia	Feather
\$ 4:30 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
4:45 PM	Pilates Sculpt (45 min.)	Tatiana	Feather
5:30 PM	Barre Fusion (45 min.)	Ramona	Klamath
\$ 5:45 PM	Glutes to the Max (45 min.)	Kailee	Performance Center
6:30 PM	R.I.P.E.D. (60 min.)	Ramona	Klamath
6:30 PM	Yoga (60 min.)	April	Feather
★ 7:15 PM	Self Defense (60 min.) <i>(see next page for session dates)</i>	Vic	Rubicon
7:35 PM	Core & More (30 min.)	Ramona	Klamath

### THURSDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
9:15 AM	Yoga (60 min.)	Kate	Feather
\$ 11:00 AM	Tough Turf (45 min.)	Tatiana	Turf Area or Performance Center
▶ 11:30 AM	Intro to Pilates (30 min.) <i>(from 8/30-9/20 only)</i>	Christie	Feather
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
12:15 PM	Mat Pilates (45 min.)	Christie	Feather
▶ 12:15 PM	KORU Meditation (90 min.) <i>(from 11/8-12/6 only)</i>	Cheryl	Klamath
2:00 PM	Acro Yoga (60 min.)	Sariah	Feather
3:30 PM	Yoga (60 min.)	Jany	Feather
\$ 3:30 PM	Tough Turf (45min)	Trinidad	Turf Area or Performance Center
3:30 PM	Cycling in the Zones (45 min.)	Dominique	Rubicon
4:30 PM	Abs & Core (30 min.)	Trinidad	Rubicon
4:30 PM	Bootcamp (60 min.)	Courtney	Klamath
▶ 4:35 PM	Intro to Yoga (30 min.) <i>(from 8/30-9/20 only)</i>	Jany	Feather
5:15 PM	Start Strong (30 min.) <i>Private Faculty/Staff Class</i>	Trinidad	Rubicon
5:15 PM	Yoga Sculpt (60 min.)	Jany	Feather
\$ 5:45 PM	Bells Bags & Ropes (45 min.)	Courtney	Performance Center
6:15 PM	Zumba Toning (60 min.)	Ramona	Klamath
7:30 pm	Barre Fusion (45 min.)	Ramona	Klamath

### FRIDAY

10:00 AM	Strength, Stability, & Stamina (60 min.)	Janelle	Klamath
11:05 AM	Barre-lates (45 min.)	Dominique	Feather
12:15 PM	Yoga (60 min.)	Irene	Feather
12:15 PM	Cycling in the Zones (45 min.)	Dominique	Rubicon
\$ 12:15 PM	Triple Threat (45 min.)	Marisa	Turf Area or Performance Center
4:00 PM	Zumba (60 min.)	Crystal	Klamath
5:00 PM	Yoga (60 min.)	Chris	Feather

WEEKEND

# FREE GROUP FITNESS

# FALL 18

## AUGUST 27-DECEMBER 9 SCHEDULE

### ▶ LEARN TO SERIES—FREE 4-WEEK SESSIONS

#### INTRO TO PILATES OR YOGA

These 30-minute classes is for those interested in learning what to expect in a class, proper terminology and technique, as well as how to get the most out of any class. It will introduce important principles and moves and prepare you for any class in the future. Great for beginners and any level.

**INTRO TO PILATES** Thursdays Aug. 30–Sept. 20 11:30 am (30 min.)  
**INTRO TO YOGA** Thursdays Aug. 30–Sept. 20 4:35 pm (30 min.)

#### KORU MEDITATION

The course, consisting of 4 classes, is designed to help you learn a variety of mindfulness through the practice of specific skills that calm and focus your mind through the practice of meditation. If you are feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, these classes are for you!

**SESSION I** Tuesdays Sept. 18–Oct. 9 9:00 am (90 min.)  
**SESSION II** Wednesdays Oct. 10–Oct. 31 3:30 pm (90 min.)  
**SESSION III** Thursdays Nov. 8–Dec. 6 12:15 pm (90 min.)

#### HOW TO USE HEART RATE MONITORING FOR ACTUAL RESULTS

Using a heart rate monitor can transform and personalize your workout! In this workshop, you will learn your own thresholds. This information will then help you to set and meet your exercise intensity goals and make each workout count!

**Mondays** Oct. 1–Oct. 22 1:30 pm (45 min.)

#### FOAM ROLL FOR FUNCTION

Foam rolling is used to increase circulation, release “knots” or adhesions that form in muscles and help relax the nervous system. In this class, you will learn to identify those restrictive muscles and how to foam roll to create greater joint mobility and restore muscular function.

**Wednesdays** Oct. 10–Oct. 31 7:30 am (30 min.)

### ★ SELF DEFENSE — \$20/SESSION

These classes are progressive in nature and build on skills from week to week. Our certified instructor goes through the progressions of gaining self confidence, recognizing potentially dangerous situations and learning how to respond.

**Please visit our website for more information: [www.thewellatsacstate.com](http://www.thewellatsacstate.com)**

**4-WEEK SESSIONS** Session I: Sept. 10–Oct. 3 (Mon & Wed)  
**SELF DEFENSE** Session II: Oct. 8–Oct. 31 7:15–8:15 pm  
Session III: Nov. 5–Dec. 3

### START STRONG (PRIVATE FACULTY & STAFF)

This is faculty/staff only class is a great way to kick start your fitness routine! It consists of three 30-minute group training classes per week with certified instructors! Participants can enjoy the camaraderie and accountability they get with other campus community members. Classes are open to a wide range of ability and age groups, as Instructors work at your pace and work to improve technique to ensure safety.

**PLEASE REGISTER FOR CLASSES ON OUR WEBSITE OR VIA THE MINDBODY APP.**

Download the **FREE** app today to reserve your spot today.

### \$ SMALL GROUP TRAINING — 8 PEOPLE OR LESS

#### \$6/CLASS OR \$48/SEMESTER

*Small Group Training classes are a hybrid between personal training and group classes. The small class size allows for individual attention from the Certified Personal Trainers while still experiencing the energy a group can bring!*

**LED BY PERSONAL TRAINERS OR EXPERTS IN CLASS FORMAT**

**REGISTER ON MIND/BODY APP UP TO 24 HRS BEFORE A CLASS**

**REGISTER ON THE MINDBODY APP UP TO 24 HOURS BEFORE CLASS**

## CLASS DESCRIPTIONS

### ▶ SMALL GROUP TRAINING

#### BARBELL MANIA

Learning how to move a barbell teaches our mind how to use all of our muscles together to move an object efficiently, training our neuromuscular system. This class trains you on how to create serious results and strong bodies. It's absolute, positive power.

#### 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 and burn tons of calories.

#### GLUTES TO THE MAX

Many people have weak glutes due to sedentary lifestyles. If you train your butt, you'll have good carryover into your back strength. That's really important for functional purposes. This class will challenge you build strong legs, glutes and back muscles.

#### KETTLEBELL TRAINING

This kettlebell focused class takes your training to the next level by incorporating strength, endurance, and power. Participants of all levels are welcome as we focus on technical work to refine kettlebell skills and include high intensity intervals to amp up the energy!

#### STRIKE IT!

In this class, fitness meets martial arts. Prepare yourself for a booty kicking workout filled with drills for conditioning, pad/bag work for cardio, and even some self-defense. Put all this together for an incredible total body and mind workout.

#### TOUGH TURF

Join our Personal Trainers on our new outdoor turf for a work out full of skills, drills, and intervals of cardio and strength training. During inclement weather, class will be moved to the Performance Center.

#### TRIPLE THREAT

Triple Threat combines strength, cardio, and core training in a way never seen before. It is a great way to improve your cardiovascular training with the help of power movements and sports conditioning.

#### NOTES:

No classes will be offered on **September 3, November 12 and 22-24**. Class schedule is subject to change. Check the Mindbody App or our website for updates and more info: [www.thewellatsacstate.com/fitness/group-fitness/classes](http://www.thewellatsacstate.com/fitness/group-fitness/classes)

### CLASS DESCRIPTIONS

#### ● MIND/BODY

##### ACRO YOGA

Take your practice to new heights with this fun yoga class. Acro Yoga is a physical practice, which combines yoga and acrobatics. Acro Yoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts.

##### BARRE

Barre is a fusion of cardio/strength training, Pilates, yoga, and ballet movements. Barre emphasizes the correct biomechanics of movement to increase strength, flexibility, stamina and dynamic stability. \* Enjoy 3 different versions of our Barre classes:

**BARRE FUSION:** This class is a fusion of cardio, strength, core work and flexibility training done with and without the barre. This intense workout is designed to tone, sculpt, and lengthen your muscles from head to toe.

**BARRE FIGHT:** Barre Fight is a perfect combination of traditional Barre mixed with the fundamentals of Kickboxing. This high energy class gets your heart pumping, while lengthening the muscles for increased strength and flexibility. Barre Fight will leave you feeling empowered, strong, and energized!

**BARRE-LATES:** Get the best of both with this Pilates/Barre fusion class. This fusion class combines the dynamic, dance-inspired movements of barre with the lengthening, strengthening exercises of mat Pilates. If you are looking to strengthen your core, look no further!

##### 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.

##### KUNDALINI YOGA

A secret teaching until recent times, the ancient spiritual technology of Kundalini Yoga employs breath, movement, meditation, and sound vibration to unlock your unique and infinite potential. With the immense variety of material available, every class is a different presentation. Acquire the tools for creativity, learning, and discovering the "authentic" you, as you enjoy a challenging, joyful, and uplifting experience!

##### MAT PILATES

teaches body awareness, strength and good posture. 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.

##### PILATES SCULPT

This class combines Pilates Principles, along with High Intensity Interval Training (HIIT). It is an intense full body workout to strengthen muscles, increase flexibility and your overall fitness. Get a strong, lean, and sculpted physique. It is the perfect workout for any fitness level, providing a high calorie-burning workout that will challenge you physically and mentally.

##### YIN YOGA

A Yin yoga class consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues, which responds best to a slow, steady load which is why we hold the poses for longer. Yin Yoga can increase circulation in the joints and improve flexibility.

##### YOGA/SUNRISE YOGA

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.

##### YOGA SCULPT

When muscle meets yoga, yoga sculpt is born. When you combine mental and emotional focus of yoga along with cardio, sweat, and up-beat music, your workout is transformed.

## CLASS DESCRIPTIONS

### CARDIO/STRENGTH

#### ABS & CORE

A strong body comes from a strong core. Exercises in this class can build a stable and functional core and will focus on strengthening the abdomen, back, hips and more. Ultimately, this class will help improve posture and provide a solid base for all fitness activities.

#### BARRE

See description under **Mind/Body**.

#### BOOTCAMP

This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate butt-kicking workout.

#### CHIZZLED

Experience a muscle work and cardio class that is truly focused on making changes in your body. Perform several sets of an exercise using various types of resistance, weights, med balls, body bars, etc. Sprinkle in cardio bursts throughout the class and leave with a sweat and smile.

#### CORE & MORE

Say goodbye to old-fashioned and boring sit-ups and crunches! This class offers a variety of exercises to functionally strengthen your core and back, while encouraging balance, strength, and coordination.

#### CYCLE

Come and join this cardiovascular adventure. Pedal through flat roads, rolling and steep hills and through valleys and take your endurance training to a new level.

#### 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 cardio intervals on the bike and strength intervals using free weights, stability balls and more.

#### CYCLING IN THE ZONES

The WELL is proud to offer this heart rate monitored group cycling! Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout. Never before has it been so easy to reach your training goals!

#### HIIT CIRCUIT

High Intensity Interval Training incorporates cardiovascular and strength training into a total body workout. Work to your maximum effort to gain maximum results.

#### R.I.P.P.E.D

This fitness program is perfect for those who want a challenging workout. It is a high energy group exercise class, that combines an easy, yet effective cardiovascular routine, with weights and resistance for strength training. It is a fun class for all fitness levels that will help you reach the fitness results you are looking for. R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet

#### STRENGTH, STABILITY & STAMINA

To be powerful humans we must have strength. To develop strength, we must be stable in any terrain. This class is designed to integrate balance, strength, and explosive exercises to encourage overall functionality.

#### STRONG BY ZUMBA®

This class combines bodyweight, muscle conditioning, cardio, and plyometric training. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

#### TOTAL BODY CONDITIONING

Leave no muscle untouched! TBC is a challenging workout, which builds muscular strength and stamina by rotating through exercises and drills using a variety of equipment or none at all.

#### TOTAL BODY TABATA

Tabata training is a highly effective, high-intensity interval training (HIIT) workout. Each set of intervals last 4 minutes, with 20 seconds of work, 10 seconds of rest 8 times. Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers. Although it can be intense, come join this class and push yourself to your desired intensity.

#### 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!

#### ZUMBA® TONING

Zumba Toning is a perfect workout for those who want to dance, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps focus on specific muscle groups, so you (and your muscles) stay engaged! Using light weights while doing Zumba enhance a sense of rhythm and coordination, while toning target zones, including arms, core and lower body.