

GROUP FITNESS

AUGUST 28–DECEMBER 10 SCHEDULE

F17

MONDAY

| | | | |
|---------------|--|----------------|---------------------------|
| \$ ▶ 6:15 AM | Bells, Bags & Ropes (45 min.) | Bart | Performance Center |
| ● 11:00 AM | Mat Pilates (45 min.) | Kendra | Feather Studio |
| ● 12:15 PM | Yoga (60 min.) | Cathy | Feather Studio |
| \$ ▶ 12:15 PM | Bells, Bags & Ropes (45 min.) | Dom | Performance Center |
| ■ 12:15 PM | Total Body Conditioning (45 min.) | Jen | Klamath Studio |
| ● 3:30 PM | Yoga (60 min.) | Alicia | Feather Studio |
| \$ ▶ 4:30 PM | Kettlebell Training (45 min.) | Derrick | Performance Center |
| ■ 4:30 PM | Abs & Core (30 min.) | Alex | Klamath Studio |
| \$ ▶ 5:30 PM | Boxing Basics (45 min.) | Eric | Performance Center |
| ■ 6:00 PM | Total Body Conditioning (60 min.) | Alex | Rubicon Studio |
| ■ 6:00 PM | Zumba (60 min.) | Ali | Klamath Studio |
| ● 6:30 PM | Yoga (60 min.) | Bart | Feather Studio |
| ★ 7:15 PM | Self Defense (60 min.) | Vic | Klamath Studio |

TUESDAY

| | | | |
|---------------|---|-----------------|----------------------------|
| ● 6:15 AM | Sunrise Yoga (60 min.) | Cathie | Feather Studio |
| ● 9:15 AM | Yoga (60 min.) | Angie | Feather Studio |
| \$ ▶ 10:45 AM | TRX Intervals (45 min.) | Janelle | Performance Center |
| ■ 12:15 PM | Cycle Circuit (60 min.) | Dom | Rubicon Studio |
| ● 12:15 PM | Mat Pilates (45 min.) | Christie | Feather Studio |
| ● 2:00 PM | Kundalini Yoga (60 min.) | Manvir | Feather Studio |
| ● 3:30 PM | Yoga (60 min.) | Gina | Feather Studio |
| \$ ▶ 4:30 PM | Treadmill Strength Circuit (45 min.) | Jen | Meet @ Fitness Desk |
| ■ 4:30 PM | Bootcamp (60 min.) | Courtney | Klamath Studio |
| ■ 4:30 PM | Abs & Core (30 min.) | Trinidad | Rubicon Studio |
| ● 5:15 PM | Yoga for Athletes (60 min.) | Gina | Feather Studio |
| ■ 6:00 PM | Cycle Circuit (45 min.) | Brandi | Rubicon Studio |
| \$ ▶ 6:15 PM | Bells, Bags & Ropes (45 min.) | Trinidad | Performance Center |
| ■ 6:15 PM | Zumba (60 min.) | Alex | Klamath Studio |
| ■ 7:00 PM | Barre (45 min.) | Brandi | Feather Studio |

WEDNESDAY

| | | | |
|---------------|--|----------------|--|
| \$ ▶ 6:15 AM | Bells, Bags & Ropes (45 min.) | Bart | Performance Center |
| ● 11:00 AM | Mat Pilates (45 min.) | Kendra | Feather Studio |
| ● 12:15 PM | Yoga (60 min.) | Cathy | Feather Studio |
| \$ ▶ 12:15 PM | Bells, Bags & Ropes (45 min.) | Dom | Performance Center |
| ■ 12:15 PM | Barre Fusion (45 min.) | Dolly | Klamath Studio |
| ● 3:30 PM | Yoga (60 min.) | Alicia | Feather Studio |
| \$ ▶ 4:30 PM | Kettlebell Training (45 min.) | Derrick | Performance Center |
| ■ 5:30 PM | Cycle Circuit (60 min.) | Melissa | Rubicon Studio |
| ■ 5:30 PM | Barre Mixer (45 min.) | Barrett | Feather Studio |
| \$ ▶ 5:30 PM | Uppercut (45 min.) | Eric | Performance Center |
| ■ 6:30 PM | Total Body Conditioning (60 min.) | Alex | Klamath Studio |
| \$ ▶ 6:30 PM | Tough Turf (45 min.) | Jen | Turf Area or Performance Center |
| ● 6:30 PM | Yoga (60 min.) | April | Feather Studio |
| ● 7:35 PM | Foam Roll & Release (25 min.) | Alex | Klamath Studio |
| ★ 7:15 PM | Self Defense (60 min.) | Vic | Rubicon Studio |

THURSDAY

| | | | |
|---------------|---|-----------------|--|
| ● 6:15 AM | Sunrise Yoga (60 min.) | Cathie | Feather Studio |
| ● 9:15 AM | Yoga Stretch (60 min.) | Dominique | Feather Studio |
| \$ ▶ 10:45 AM | Tough Turf (45 min.) | Janelle | Turf Area or Performance Center |
| ■ 12:15 PM | Cycle Circuit (60 min.) | Dom | Rubicon Studio |
| ● 12:15 PM | Mat Pilates (45 min.) | Christie | Feather Studio |
| ● 2:00 PM | Acro Yoga (60 min.) | Sariah | Feather Studio |
| ● 3:30 PM | Yoga (60 min.) | Gina | Feather Studio |
| ■ 4:15 PM | Barre (45 min.) | Brandi | Rubicon Studio |
| ■ 4:30 PM | Bootcamp (60 min.) | Courtney | Klamath Studio |
| \$ ▶ 4:30 PM | Treadmill Strength Circuit (45 min.) | Jen | Meet @ Fitness Desk |
| ● 5:15 PM | Yoga for Athletes (60 min.) | Gina | Feather Studio |
| \$ ▶ 6:00 PM | Bells, Bags & Ropes (45 min.) | Courtney | Performance Center |
| ● 6:00 PM | POP Pilates (60 min.) | Annalisa | Rubicon Studio |
| ■ 6:15 PM | Zumba (60 min.) | Alex | Klamath Studio |

FRIDAY

| | | | |
|---------------|--|------------|--|
| \$ ▶ 11:00 AM | Tough Turf (45 min.) | Jen | Turf Area or Performance Center |
| ● 11:15 AM | Mat Pilates (45 min.) | Dominique | Feather Studio |
| ● 12:15 PM | Yoga (60 min.) | Irene | Feather Studio |
| ■ 12:15 PM | Cycling in the Zones (45 min.) | Dominique | Rubicon Studio |
| \$ ▶ 12:15 PM | Bells, Bags & Ropes (45 min.) | Dom | Performance Center |
| ■ 3:15 PM | Strength, Stability & Stamina (60 min.) | Janelle | Klamath Studio |

SATURDAY

| | | | |
|--------------|--|-------------|---------------------------|
| \$ ▶ 9:45 AM | Bells, Bags & Ropes (45 min.) | Bart | Performance Center |
| ● 10:45 AM | Yoga (60 min.) | Bart | Feather Studio |

SUNDAY

| | | | |
|-----------|---------------------------|-------|----------------|
| ■ 6:00 PM | Bootcamp (60 min.) | Alex | Klamath Studio |
| ● 7:00 PM | Yoga (60 min.) | April | Feather Studio |

SMALL GROUP TRAINING — 8 PEOPLE OR LESS

▶ **\$6/CLASS OR \$48/SEMESTER**

Small Group Training is a hybrid between personal training and group classes. The small class size allows you to get more individual attention from the instructor 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

★ SELF DEFENSE — \$10/SESSION

These classes are progressive in nature and build on skills from week to week. Please visit our website for more information: www.thewellatsacstate.com

6-week sessions Session I: Sept. 11–Oct. 18 (Mon & Wed)
Self Defense Session II: Oct. 23–Dec. 4 7:15–8:15 pm

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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: A more traditional version of the Barre methodology.

BARRE FUSION: A fusion of cardio, strength, core work and flexibility training. This intense workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

BARRE MIXER: The perfect combination of traditional Barre mixed with elements of Barre Fight (barre + kickboxing) Hip-hop Barre (barre + hip hop) Barre Sport (barre + interval training) or BOGA (barre + elements of yoga). This class varies week to week, and is perfect for participants who love variety, a great workout and having fun! Follow us on Social Media to see what this week's mixer will be!

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

(pih-lah-tees) 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.

POP PILATES

POP pilates is a total body, equipment-free work out that sculpts a rock solid core and a lean dancer's body like nothing else can. The combination of total body Pilates exercises with the attitude of dance and the energy of music, results in an intense workout that is FUN and effective.

YOGA FOR ATHLETES

This all-level yoga class takes you through a series of highly effective strengthening and stretching exercises that are key to the demands of an athlete, no matter what sport you are involved in. This class may be what you're missing in your training regime!

YOGA STRETCH

This class is perfect for all who want move their body away from the seated work/study position. The class will warm-up with poses to heat the body, then will address nearly the entire muscular system, stretching and lengthening muscles from the feet to the fingers. It will then end with a rest pose that calms the mind and rests the brain. Yoga Stretch is appropriate for all fitness levels.

YOGA/SUNRISE YOGA

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

★ INSTRUCTIONAL CLASSES

SELF DEFENSE

This class is 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. **See the light blue box on page 1 for pricing and other information.**

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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.

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 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.

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.

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.

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!

▶ **SMALL GROUP TRAINING**

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.

BOXING BASICS

You don't need to be a boxer to enjoy the benefits of a heavy bag workout! Beginning to intermediate students will learn the foundational strikes of Thai Boxing, their purpose, and their application in sport and self-defense.

TREADMILL STRENGTH CIRCUIT

Boost your calorie burn, increase endurance and overcome boredom and workout plateaus with this small group run on this non-motorized treadmill. The Curve Treadmill allows the user to accelerate and decelerate at his own desired pace, allowing for effective interval training. Couple this with intervals of strength and you have the perfect workout. Appropriate to all levels.

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!

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.

TRX INTERVAL

TRX is suspension training in which gravity and the participants own body weight is used for resistance. Participants will rotate through various stations for an intense full body workout!

UPPERCUT

Participants from all fitness backgrounds will realize their inner athlete through this total body workout. You will follow your trainer through one to three-minute fitness rounds designed to develop your body to meet the demands of combat sports: controlled explosiveness, agility, and balance. You decide how hard or light you hit this workout - either way, you are sure to have fun.