### August 28–December 10 Schedule

#### 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
- **6:00 PM** Total Body Conditioning (60 min.)
  - Bart Performance Center
- **6:30 PM** Yoga (60 min.)
  - Bart Performance Center
- **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 Stretch (60 min.)
  - Dom Performance Center
- **10:45 AM** TRX Intervals (45 min.)
  - Janelle Performance Center
- **12:15 PM** Cycle Circuit (60 min.)
  - Dom Rubin Studio
- **12:15 PM** Mat Pilates (45 min.)
  - Christie Feather Studio
- **2:00 PM** Acro Yoga (60 min.)
  - Sarah Rubin Studio
- **3:30 PM** Yoga (60 min.)
  - Gena Rubin Studio
- **4:15 PM** Barre (45 min.)
  - Brandi Rubin 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.)
  - Courtney Rubin Studio
- **5:30 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **6:00 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **6:00 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **6:15 AM** Bells, Bags & Ropes (45 min.)
  - Bart Performance Center
- **6:15 PM** Zumba (60 min.)
  - Alex Klamath Studio
- **9:45 AM** Bells, Bags & Ropes (45 min.)
  - Bart Performance Center
- **10:45 AM** Yoga (60 min.)
  - Alex Klamath Studio
- **12:15 PM** Bootcamp (60 min.)
  - Sierra Rubin Studio
- **12:15 PM** Yoga for Athletes (60 min.)
  - Dominique Feather Studio
- **3:30 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **3:30 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **4:30 PM** Yoga for Athletes (60 min.)
  - Dominique Feather Studio
- **4:30 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **5:15 PM** Yoga for Athletes (60 min.)
  - Dominique Feather Studio
- **5:30 PM** Yoga (60 min.)
  - Alex Klamath 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.)
  - Betty Klamath Studio
- **3:30 PM** Yoga (60 min.)
  - Alex Klamath Studio
- **4:30 PM** Kettlebell Training (45 min.)
  - Derrick Performance Center
- **5:00 PM** Cycle Circuit (60 min.)
  - Melissa Rubin Studio
- **5:30 PM** Barre Mixer (45 min.)
  - Barrett Feather Studio
- **5:30 PM** Upercrt (45 min.)
  - Eric Performance Center
- **6:00 PM** Total Body Conditioning (60 min.)
  - Alex Klamath Studio
- **6:30 PM** Yoga (60 min.)
  - April Feather Studio
- **6:30 PM** Yoga for Athletes (60 min.)
  - April Feather Studio
- **7:35 PM** Foam Roll & Release (25 min.)
  - Alex Klamath Studio
- **7:15 PM** Self Defense (60 min.)
  - Vic Rubin Studio

#### Thursday
- **6:15 AM** Sunrise Yoga (60 min.)
  - Cathie Feather Studio
- **9:15 AM** Yoga Stretch (60 min.)
  - Dom Performance Center
- **10:45 AM** Tough Turf (45 min.)
  - Janelle Turf Area or Performance Center
- **12:15 PM** Cycle Circuit (60 min.)
  - Dom Rubin Studio
- **12:15 PM** Mat Pilates (45 min.)
  - Christie Feather Studio
- **2:00 PM** Acro Yoga (60 min.)
  - Sarah Rubin Studio
- **3:30 PM** Yoga (60 min.)
  - Gena Rubin Studio
- **4:15 PM** Barre (45 min.)
  - Brandi Rubin 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.)
  - Gena Rubin Studio
- **6:00 PM** Bells, Bags & Ropes (45 min.)
  - Alex Klamath Studio
- **6:00 PM** POP Pilates (60 min.)
  - Alex Klamath Studio
- **6:15 PM** Zumba (60 min.)
  - Alex Klamath Studio
- **6:15 PM** Stance & Strength (60 min.)
  - Alex Klamath Studio
- **6:15 PM** Self Defense (60 min.)
  - Vic Rubin 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 Rubin Studio
- **12:15 PM** Cycling in the Zones (45 min.)
  - Dominique Rubin Studio
- **12:15 PM** Yoga for Athletes (60 min.)
  - Dom Performance Center
- **3:15 PM** Strength, Stability & Stamina (60 min.)
  - Janelle Klamath Studio
- **3:15 PM** Yoga Stretch (60 min.)
  - Alex Klamath Studio
- **5:15 PM** Yoga for Athletes (60 min.)
  - Alex Klamath Studio

#### Saturday
- **9:45 AM** Bells, Bags & Ropes (45 min.)
  - Bart Performance Center
- **10:45 AM** Yoga (60 min.)
  - Bart Performance Center
- **10:45 AM** Yoga (60 min.)
  - Bart Performance Center

#### Sunday
- **6:00 PM** Bootcamp (60 min.)
  - Alex Klamath Studio
- **7:00 PM** Yoga (60 min.)
  - April Feather Studio

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**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 or Up to 24 Hrs Before 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. 4–Oct. 13
- Session II: Oct. 24–Dec. 7
- 7:15–8:15 pm

No classes will be offered on September 4 and November 10 & 23–25. Look for a modified schedule on November 22. Class schedule is subject to change. Check website for updates: 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: 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.
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!

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.