

# SPRING BREAK 2017

## GROUP FITNESS SCHEDULE MARCH 18-26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM	● Sunrise Yoga Bart (60 min.)		● Sunrise Yoga Bart (60 min.)	★ CSI: Cardio & Strength Intervals Bart (60 min.)	
11:15 AM					▲ Zumba Annalisa (45 min.)
12:15 PM	● Yoga Cathy (60 min.)	▲ Cycle Circuit Kendra (60 min.)	● Yoga Dominique (60 min.)	▲ Cycle Circuit Kendra (60 min.)	● Yoga Irene (60 min.)
	★ Bells Bags & Ropes Dom (45 min.)	● Mat Pilates Christie (45 min.)	★ Bells Bags & Ropes Dom (45 min.)	● Mat Pilates Christie (45 min.)	
4:30 PM	● Mat Pilates Christie (45 min.)	■ Bootcamp Courtney (60 min.)	■ Barre Jasmine (45 min.)	■ Bootcamp Courtney (60 min.)	★ Tough Turf Tommy (45 min.)
5:30 PM	■ Zumba Alex (45 min.)	● Yoga Chevelle (60 min.)	■ Kickboxing Juan (45 min.)	● Yoga Chevelle (60 min.)	

All passes will be accepted for all classes this week. **NO GROUP FIT CLASSES will be held on Saturday/Sunday March 18, 19, 25, & 26**

**STUDIO KEY** ▲ Rubicon Studio ■ Klamath Studio ● Feather Studio ★ Performance Center • Class schedule is subject to change. Check website for updates: [www.thewellatsacstate.com](http://www.thewellatsacstate.com)

### MIND/BODY

#### BARRE

Barre is a fusion of ballet, Pilates, yoga and strength training workouts. Barre emphasizes the correct biomechanics of movement to increase strength, flexibility, stamina and dynamic stability. No dance experience or tutus required!

#### 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.

#### 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.

### CARDIO/STRENGTH

#### CSI: CARDIO & STRENGTH INTERVALS

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

#### 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.

#### 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.

#### 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.

#### KICKBOXING

Kickboxing is the ultimate cardiovascular & strength challenge that's a unique blend of intense kickboxing intervals, mixed with strength and endurance training, and finishes with a cool-down and stretch.

#### 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.

#### 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!