

2017 SCHEDULE (MAY 15-AUGUST 25)

# Summer

## FREE - GROUP FITNESS

### MONDAY

6:15 am	<b>Sunrise Yoga</b> (60 min.)	Bart	Feather
12:15 pm	<b>Yoga</b> (60 min.)	Cathy	Feather
▶ 12:15 pm	<b>Bells, Bags &amp; Ropes</b> (45 min.)	Dom	Performance Center
4:15 pm	<b>Mat Pilates</b> (45 min.)	Christie	Feather
5:00 pm	<b>Zumba</b> (45 min.)	Alex	Klamath
5:45 pm	<b>Bootcamp Blast</b> (30 min.)	Alex	Klamath

### TUESDAY

12:15 pm	<b>Cycle Circuit</b> (60 min.)	Kendra	Rubicon
12:15 pm	<b>Mat Pilates</b> (45 min.)	Christie	Feather
▶ 12:30 pm	<b>Functional Fitness</b> (45 min.)	Janelle	Performance Center
4:30 pm	<b>Bootcamp</b> (60 min.)	Courtney	Klamath
5:15 pm	<b>Yoga</b> (60 min.)	Aviv	Feather

### WEDNESDAY

6:15 am	<b>Sunrise Yoga</b> (60 min.)	Bart	Feather
12:15 pm	<b>Yoga</b> (60 min.)	Dominique	Feather
▶ 12:15 pm	<b>Bells, Bags &amp; Ropes</b> (45 min.)	Dom	Performance Center
4:30 pm	<b>Cycling in the Zones</b> (45 min.)	Cathie	Rubicon
4:30 pm	<b>Yoga</b> (60 min.)	Alicia	Feather
5:15 pm	<b>Barre</b> (60 min.)	Jasmine	Klamath

### THURSDAY

12:15 pm	<b>Cycle Circuit</b> (60 min.)	Kendra	Rubicon
12:15 pm	<b>Mat Pilates</b> (45 min.)	Christie	Feather
4:30 pm	<b>Bootcamp</b> (60 min.)	Courtney	Klamath
▶ 5:30 pm	<b>Functional Fitness</b> (45 min.)	Tommy	Performance Center
5:30 pm	<b>Yoga</b> (60 min.)	Angie	Feather

### FRIDAY

11:15 pm	<b>Bootcamp</b> (60 min.)	Alex	Klamath
12:15 pm	<b>Yoga</b> (60 min.)	Irene	Feather
▶ 12:15 pm	<b>Kettlebell Training</b> (45 min.)	Derrick	Performance Center

### CLASS DESCRIPTIONS

#### BARRE

Barre is a fusion of ballet, Pilates, yoga and strength training to the workouts, that focuses on strength, flexibility, stamina and dynamic stability. Barre emphasizes the correct biomechanics of movement to increase strength, flexibility, stamina and dynamic stability.

#### 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.

#### BOOTCAMP BLAST

Get all you need in a booty kicking workout in just 30 minutes. This class combines intervals of cardio and muscle conditioning drills to provide you with the ultimate 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 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 workout. Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout.

#### 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.

#### 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 FITNESS

Small group classes are a hybrid between personal training and group classes. The small class size allows you to get more individual attention from the personal trainer while still experiencing the energy a group can bring!

#### 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.

#### FUNCTIONAL FITNESS

Join our Personal Trainers either in our performance center or on our new outdoor turf for a work out full of skills, drills, and intervals of cardio and strength training. The class design is to use non-traditional exercise equipment such as sleds, tires, kettlebells, sandbags, warrior ropes, TRX, and more to strengthen functional movements and burn tons of calories.

#### 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!



### NOTES

\* Class schedule is subject to change. Check the website for updates: [www.thewellatsacstate.com/fitness](http://www.thewellatsacstate.com/fitness)

\* Holidays/Class Cancellations: NO CLASSES will be held on **May 29th & July 4th.**

▶ **SMALL GROUP FITNESS \$6 DROP-IN | \$30 SUMMER RATE**