

2018 SCHEDULE (MAY 14-AUGUST 24)

Summer

FREE GROUP FITNESS

MONDAY

12:15 PM	Yoga (60 min.)	Cathy	Feather
\$ 12:15 PM	Bells, Bags & Ropes (45 min.)	Michael	Performance Center
4:30 PM	Kickbox Fit (45 min.)	Erica	Rubicon
5:15 PM	Total Body Conditioning (60 min.)	Alex	Klamath
\$ 5:30 PM	Kettlebell Training (45 min.)	Erica	Performance Center
6:20 PM	Foam Roll & Stretch (30 min.)	Alex	Klamath

TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
12:15 PM	Mat Pilates (45 min.)	Christie	Feather
5:15 PM	Zumba (60 min.)	Alex	Klamath
5:30 PM	Yoga (60 min.)	Jany	Feather
6:20 PM	Strong by Zumba® (60 min.)	Ramona	Klamath

WEDNESDAY

12:15 PM	Yoga (60 min.)	Cathy	Feather
\$ 12:15 PM	Bells, Bags & Ropes (45 min.)	Michael	Performance Center
4:30 PM	Barre Fusion (45 min.)	Ramona	Klamath
5:30 PM	R.I.P.P.E.D. (60 min.)	Ramona	Klamath
6:30 PM	Yoga (60 min.)	April	Feather

THURSDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
12:15 PM	Mat Pilates (45 min.)	Christie	Feather
\$ 12:15 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
4:30 PM	Bootcamp (60 min.)	Courtney	Klamath
5:30 PM	Yoga (60 min.)	Chris	Feather
\$ 5:45 PM	Bells, Bags & Ropes (45 min.)	Courtney	Performance Center

FRIDAY

11:00 AM	Cycling in the Zones (45 min.)	Dominique	Rubicon
12:00 PM	Abs & Stretch (30 min.)	Dominique	Rubicon
12:15 PM	Yoga (60 min.)	Irene	Feather

\$ SMALL GROUP FITNESS \$6/CLASS | \$30/SUMMER

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

CLASS DESCRIPTIONS

ABS & STRETCH

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 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.

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.

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.

FOAM ROLL & STRETCH

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.

KICKBOX FIT

This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

NOTES

- * Class schedule is subject to change. Check website for updates: www.thewellsacstate.com/fitness
- * Holidays/Class Cancellations: NO CLASSES will be held on **May 28th & July 4th.**

 @wellsacstate

MAT PILATES

This class 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.

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.

STRONG BY ZUMBA®

This class combines body weight, 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.

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

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.

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!

