

FREE

SPRING 2023 | JAN 23-MAY 14 GROUP FITNESS

MONDAY

6:15 AM	Breathe & Flow Yoga (60 min.)	Maddie	Truckee
6:30 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Cathie	Feather
12:15 PM	Upper Body Build (45 min.)	Mario	Trinity
12:15 PM	Barbell Basics (45 min.) \$	Jenn	Turf
12:30 PM	Zumba (45 min.)	Kimmie	Rubicon
4:30 PM	Athletic Training (45 min.) \$	Michael	Turf
5:15 PM	Self Defense (60 min.) (See below for registration info.)	Vic	Rubicon
5:30 PM	Total Body Mix (45 min.)	Justin	VIRTUAL
5:30 PM	Strength & Sculpt (45 min.) \$	Keefe	PC
5:45 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Michael	Feather
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Zumba (60 min.)	Brittany	Klamath
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Rubicon

TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Truckee
8:00 AM	Total Body Sculpt (45 min.)	Shelley	Klamath
9:15 AM	Yoga for You (60 min.)	Cassie	Truckee
12:15 PM	Bells, Bags, & Ropes (45 min.) \$	Alexa	PC
12:15 PM	Vinyasa Flow Yoga (60 min.)	Heather	Truckee
12:15 PM	Mindful Meditation Workshops (60 min.) (Feb. 7, 14, 21, 28)	Jason	Rubicon
12:30 PM	Total Barre (45 min.)	Andee	Klamath
3:30 PM	Yoga (60 min.)	Cathy	Rubicon
4:30 PM	Total Body Workout (45 min.)	Mario	Trinity
4:30 PM	Express Cycle-Latin Mix (30 min.) (Arrive 10 min. early)	Reymundo	Feather
5:15 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Hailey	Feather
5:15 PM	Vinyasa Flow Yoga (60 min.)	Jenny	Klamath
5:15 PM	Glutes to The Max (45 min.) \$	Alexa	PC
6:15 PM	Abs & Core (30 min.)	Hailey	Rubicon
6:15 PM	Zumba (60 min.)	Ari	Trinity
6:30 PM	Slow Flow & Yin Yoga (60 min.)	Lisa	Klamath

WEDNESDAY

6:30 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Cathie	Feather
11:30 AM	Express Meditation (30 min.)	Heather	VIRTUAL
12:15 PM	Slow Flow Yoga (60 min.)	Heather	VIRTUAL
12:15 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Andee	Feather
12:15 PM	Total Body Workout (45 min.)	Trinidad	Trinity
12:15 PM	Barbell Basics (45 min.) \$	Jenn	Turf
12:30 PM	Zumba (45 min.)	Kimmie	Rubicon
4:30 PM	Athletic Training (45 min.) \$	Michael	Turf
4:45 PM	Strength Basics (30 min.) \$	Keefe	PC
5:15 PM	Yoga for You (60 min.)	Cassie	Klamath
5:15 PM	Self Defense (60 min.) (See below for registration info.)	Vic	Rubicon
5:30 PM	Total Body Mix (45 min.)	Justin	VIRTUAL
5:30 PM	Strength & Sculpt (45 min.) \$	Keefe	PC
5:45 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Michael	Feather
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Rubicon

THURSDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Truckee
6:30 AM	Cycle, Stretch, & Roll (60 min.)	Melissa	Feather
9:15 AM	Yoga for You (60 min.)	Cassie	Truckee
11:30 AM	Strength Basics (30 min.) \$	Alexa	PC
12:15 PM	Bells, Bags, & Ropes (45 min.) \$	Alexa	PC
12:15 PM	Glutes, Core, & More (45 min.)	Trinidad	Trinity
12:15 PM	Vinyasa Yoga (60 min.)	Heather	VIRTUAL
3:30 PM	Yoga (60 min.)	Cathy	Rubicon
4:30 PM	Total Body Workout (45 min.)	Mario	Trinity
5:15 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Hailey	Feather
5:15 PM	Vinyasa Flow Yoga (60 min.)	Jennifer	Klamath
5:15 PM	Glutes to The Max (45 min.) \$	Alexa	PC
5:30 PM	Kickbox Fit (60 min.)	Justin	Trinity
6:15 PM	Abs & Core	Hailey	Rubicon
6:30 PM	Slow Flow & Yin Yoga (60 min.)	Lisa	Klamath

FRIDAY

6:15 AM	Breathe & Flow Yoga (60 min.)	Maddie	Truckee
8:00 AM	Total Body Sculpt (45 min.)	Shelley	Klamath
9:15 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Shelley	Feather
10:00 AM	Bells, Bags, & Ropes (45 min.) \$	Michael	PC
11:30 AM	Intro to Yoga (30 min.)	Jewel	Klamath
12:15 PM	Yoga for You (60 min.)	Jewel	Klamath
12:15 PM	Lower Body Build (45 min.)	Clarissa	Trinity
12:15 PM	Athletic Training (45 min.) \$	Michael	Turf
12:15 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Andee	Feather
5:30 PM	Total Body Mix (60 min.)	Justin	Trinity

SATURDAY

10:00 AM	Vinyasa Flow Yoga (60 min.)	Jennifer	Truckee
12:00 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Reymundo	Feather

SUNDAY

5:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
6:00 PM	Total Body/Core (60 min.)	Melissa	Klamath
7:00 PM	Vinyasa Flow Yoga (60 min.)	Jennifer	Truckee

\$ SMALL GROUP TRAINING—8 PEOPLE OR LESS

\$6/CLASS OR \$48/SEMESTER

LED BY PERSONAL TRAINERS
OR EXPERTS IN CLASS FORMAT

REGISTER ON MIND/BODY APP
UP TO 24 HRS BEFORE A CLASS

REGISTER ON THE MINDBODY APP UP TO 24 HOURS BEFORE CLASS

FOR VIRTUAL CLASS DETAILS

"BOOK" THE CLASS AND RECEIVE AN EMAIL
(NOTIFICATIONS MUST BE TURNED ON TO RECEIVE.)

OR TO VIEW ZOOM INFO

FROM THE APP
CLICK ON THE CLASS NAME



FROM THE WEBSITE
CLICK ON "VIEW DETAILS"

TheWELLatSacState.com

SELF DEFENSE—\$20 (4 WEEK SESSIONS)

SESSION I: FEB 13-MARCH 8 | SESSION II: APRIL 3-26
MONDAYS & WEDNESDAYS | 5:15-6:15 PM



These classes are progressive and build on skills from week to week. Feel empowered and confident to recognize potentially dangerous situations and how to respond.

Scan the QR code for more info on Self Defense Sessions

Please visit our website for more information and to register. www.thewellsacstate.com

MINDFUL MEDITATION WORKSHOPS

FEB 7, 14, 21, 28 | TUESDAYS | 12:15-1:15 PM

These classes are designed to help you learn a variety of mindfulness activities that calm and focus your mind through the practice of meditation. If you are interested in learning a new skill that can enrich your life, these classes are for you! Take 1 or all 4 classes to learn a variety of techniques in each workshop.

REGISTER ON THE MINDBODY APP UP TO 24 HOURS BEFORE CLASS



SCAN THE QR CODE TO BOOK A GROUP FITNESS CLASS

Please check the MINDBODY App for any schedule changes.



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