

FREE GROUP FITNESS

FALL 19

AUGUST 26-DECEMBER 8 SCHEDULE

MONDAY

■ 10:15 AM	HIIT Cycle (30 min.)	Cathie	Rubicon
● 11:00 AM	Modern Pilates (45 min.)	Cathie	Feather
● 12:15 PM	Yoga (60 min.)	Cathy	Feather
💰 12:15 PM	Bells, Bags & Ropes (45 min.)	Nick	Performance Center
■ 12:15 PM	Bike & Barre (60 min.)	Dominique	Rubicon
● 3:30 PM	Yoga (60 min.)	Adrianna	Feather
■ 3:30 PM	Total Body Conditioning (45 min.)	Riva	Klamath
💰 4:30 PM	Kettlebell Training (45 min.)	Sophia	Performance Center
■ 4:30 PM	Core & More (30 min.)	Ramona	Klamath
▶ 5:15 PM	Start Strong (30 min.) <i>Private Faculty/Staff Class</i>	Ramona	Klamath
■ 5:45 PM	Zumba (60 min.)	Arianne	Rubicon
■ 6:15 PM	R.I.P.P.E.D. (60 min.)	Ramona	Klamath
💰 6:15 PM	Bells Bags & Ropes (45 min.)	Kamron	Performance Center
● 6:30 PM	Yoga (60 min.)	Erica	Feather
★ 7:15 PM	Self Defense (60 min.) <i>(see next page for session dates)</i>	Vic	Rubicon
● 7:20 PM	Foam Roll & Release (30 min.)	Ramona	Klamath

TUESDAY

● 6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
▶ 9:00 AM	KORU Meditation (90 min.) <i>(from 10/1-10/22 only)</i>	Jason	Rubicon
● 9:15 AM	Strength & Flow (60 min.)	Sariah	Feather
● 10:30 AM	Time for a NAP (90 min. drop in)		Klamath
● 10:30 AM	Acro Yoga (60 min.)	Sariah	Feather
💰 11:00 AM	Total Body HIIT (45 min.)	Stephanie	Performance Center
■ 12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
● 12:15 PM	Mat Pilates (45 min.)	Christie	Feather
▶ 12:15 PM	KORU Meditation (90 min.) <i>(from 10/29-11/19 only)</i>	Jason	Klamath
● 3:30 PM	Yoga & Yin (60 min.)	Adrianna	Feather
■ 4:30 PM	Bootcamp (60 min.)	Courtney	Klamath
▶ 5:15 PM	Start Strong (30 min.) <i>Private Faculty/Staff Class</i>	Christie	Rubicon
● 5:15 PM	Pilates Sculpt (45 min.)	Tatiana	Feather
■ 6:00 PM	Chizzled (45 min.)	Christie	Rubicon
💰 6:15 PM	Box & Sculpt (45 min.)	Tatiana	Performance Center
■ 6:15 PM	Zumba (60 min.)	Jasmine	Klamath
■ 7:15 PM	Cycle (45 min.)	Aspen	Rubicon

WEEKEND SATURDAY

■ 8:15 AM	Cycling in the Zones (45 min.)	Melissa	Rubicon
💰 9:00 AM	Bells, Bags, & Ropes (45 min.)	Caleb	Performance Center
■ 9:15 AM	Core & More (30 min.)	Melissa	Rubicon
■ 10:00 AM	Zumba (45 min.)	Ramona	Klamath
● 10:45 AM	Yoga (60 min.)	Adrianna	Feather
■ 11:00 AM	R.I.P.P.E.D. (60 min.)	Ramona	Klamath

SUNDAY

■ 6:00 PM	Total Body Conditioning (60 min.)	Riva	Klamath
● 7:00 PM	Yoga (60 min.)	April	Feather

WEDNESDAY

■ 6:15 AM	Total Body Conditioning (60 min.)	Riva	Rubicon
■ 10:15 AM	HIIT Cycle (30 min.)	Cathie	Rubicon
● 11:00 AM	Modern Pilates (45 min.)	Cathie	Feather
● 12:15 PM	Yoga (60 min.)	Cathy	Feather
💰 12:15 PM	Tough Turf (45 min.)	Clarissa	Turf Area or Performance Center
■ 12:15 PM	Total Body Conditioning (45 min.)	Ramona	Klamath
● 1:30 PM	Time for a NAP (90 min. drop in)		Feather
▶ 3:30 PM	KORU meditation (90 min.) <i>(from 9/4-9/25 only)</i>	Jason	Rubicon
● 3:30 PM	Yoga (60 min.)	Kao	Feather
💰 3:30 PM	Box & Sculpt (45 min.)	Angel	Performance Center
💰 4:30 PM	Kettlebell Training (45 min.)	Sophia	Performance Center
● 4:30 PM	Core & More (30 min.)	Erica	Klamath
■ 5:15 PM	Cycle (45 min.)	Aspen	Rubicon
● 5:30 PM	Total Body Conditioning (45 min.)	Erica	Klamath
💰 5:45 PM	Glutes to the Max (45 min.)	Kailee	Performance Center
■ 6:30 PM	Kickbox Fit (45 min.)	Stephanie	Klamath
● 6:30 PM	Yoga (60 min.)	April	Feather
★ 7:15 PM	Self Defense (60 min.) <i>(see next page for session dates)</i>	Vic	Rubicon

THURSDAY

● 6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
● 9:15 AM	Yoga (60 min.)	Adrianna	Feather
💰 11:00 AM	Total Body HIIT (45 min.)	Stephanie	Performance Center
▶ 11:30 AM	Intro to Pilates (30 min.) <i>(from 8/29-9/19 only)</i>	Christie	Feather
■ 12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
● 12:15 PM	Mat Pilates (45 min.)	Christie	Feather
● 3:30 PM	Power Yoga (60 min.)	Erica	Feather
💰 3:30 PM	Total Body Tabata (45 min.)	Trinidad	Klamath
■ 4:30 PM	Country Cardio Dance (45 min.)	Trinidad	Rubicon
■ 4:30 PM	Bootcamp (60 min.)	Courtney	Klamath
▶ 4:35 PM	Intro to Yoga (30 min.) <i>(from 8/29-9/19 only)</i>	Erica	Feather
▶ 5:15 PM	Start Strong (30 min.) <i>Private Faculty/Staff Class</i>	Ramona	Rubicon
● 5:15 PM	Yoga (60 min.)	Erica	Feather
💰 5:45 PM	Bells Bags & Ropes (45 min.)	Caleb	Performance Center
■ 6:15 PM	Zumba /Zumba Toning (60 min.)	Ramona	Klamath
● 7:30 PM	Barre Fusion (45 min.)	Ramona/ Crystal	Klamath

FRIDAY

■ 10:00 AM	Total Body Conditioning (60 min.)	Riva	Klamath
● 11:05 AM	Barre-lates (45 min.)	Dominique	Feather
● 12:15 PM	Yoga (60 min.)	Irene	Feather
■ 12:15 PM	HIIT Cycle (30 min.)	Dominique	Rubicon
💰 12:15 PM	Bells, Bags, & Ropes (45 min.)	Nick	Performance Center
💰 4:00 PM	Box & Sculpt (45 min.)	Angel	Performance Center
● 5:00 PM	Yoga (60 min.)	Chris	Feather

FREE GROUP FITNESS

FALL 19

AUGUST 26-DECEMBER 8 SCHEDULE

▶ LEARN TO SERIES—FREE 4-WEEK SESSIONS

INTRO TO PILATES OR YOGA

These 30-minute classes are for those interested in learning what to expect in a class, proper terminology and technique, as well as how to get the most out of any class. It will introduce important principles and moves and prepare you for any class in the future. Great for beginners and any level.

INTRO TO PILATES 8/29, 9/5, 9/12, 9/19 Christie 11:30 AM (30 min.)
INTRO TO YOGA 8/29, 9/5, 9/12, 9/19 Erica 4:35 PM (30 min.)

KORU MEDITATION

The course, consisting of 4 classes, is designed to help you learn a variety of mindfulness through the practice of specific skills that calm and focus your mind through the practice of meditation. If you are feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, these classes are for you!

SESSION I Wednesdays Sep. 4-25 3:30 PM (90 min.)
SESSION II Tuesdays Oct. 1-22 9:00 AM (90 min.)
SESSION III Tuesdays Oct. 29-Nov. 19 12:15 PM (90 min.)

START STRONG (PRIVATE FACULTY & STAFF)

This is faculty/staff only class is a great way to kick start your fitness routine! It consists of three 30-minute group training classes per week with certified instructors! Participants can enjoy the camaraderie and accountability they get with other campus community members. Classes are open to a wide range of ability and age groups, as instructors work at your pace and work to improve technique to ensure safety.

Monday/Tuesday/Thursday 5:15 pm (30 min.)

★ SELF DEFENSE — \$20/SESSION

These classes are 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.

Please visit our website for more information: www.thewellsacstate.com

4-WEEK SESSIONS ON MONDAYS & WEDNESDAYS

SESSION I Sep. 4-30 7:15-8:15 PM (60 min.)
SESSION II Oct. 2-28 7:15-8:15 PM (60 min.)
SESSION III Oct. 30-Dec. 4 7:15-8:15 PM (60 min.)

\$ 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

NOTES:

No classes will be offered on **September 2nd**, **November 11th**, and **November 28th-30th**.

Check the Mindbody App or our website for updates and more info:

www.thewellsacstate.com/fitness/group-fitness/classes

CLASS DESCRIPTIONS

▶ SMALL GROUP TRAINING \$

Small Group Training classes are a hybrid between personal training and group classes. The small class size allows for individual attention from certified personal trainers or experts in the format.

BELLS, BAGS AND 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. \$

GLUTES TO THE MAX

Many people have weak glutes due to sedentary lifestyles. If you train your butt, you'll have good carryover into your back strength. That's really important for functional purposes. This class will challenge you build strong legs, glutes and back muscles. \$

BOX & SCULPT

Get ready for a knockout of a workout! This amazing sweat session will include rounds of boxing drills, as well as strength, cardio and core training all in one session. \$

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. \$

TOTAL BODY TABATA

Total Body Tabata training is highly effective, high-intensity interval training (HIIT) workout. Each set of intervals last 4 minutes, with 20 seconds of work, 10 seconds of rest 8 times. Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers. Although it can be intense, come join this class and push yourself to your desired intensity. \$

TOTAL BODY HIIT

This class is a total body workout for those looking to take their workout to a new level. Work the entire body by alternating between intense exercises with periods of recovery. High Intensity Interval Training can increase your metabolic rate, while gaining muscle and endurance. \$

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

Download the **FREE** app today to reserve your spot today.

CLASS DESCRIPTIONS

● MIND/BODY

INTRO TO PILATES OR YOGA

This 30-minute class is offered from Aug 30 – Sep 20 only, and is for those interested in learning what to expect in a class, proper terminology and technique, as well as how to get the most out of any class. It will introduce important principles and moves and prepare you for any class in the future. Great for beginners and any level.

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.

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.

YOGA & YIN

This class combines a traditional yoga flow type class with Yin yoga class, which consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues, which responds best to a slow, steady load which is why we hold the poses longer. Yin Yoga can increase circulation in the joints and improve flexibility.

POWER YOGA

Enjoy all the benefits of yoga, while upping the intensity factor with more powerful, purposeful movements, longer held poses or faster pace. All levels are welcome!

MAT PILATES

Mat Pilates 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.

MODERN PILATES

This class captures the essence of Pilates with a yoga and strength influence. Many of the exercises are generally taught with a “neutral pelvis” for a healthy posture. Lengthen and strengthen in this amazing class!

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 2 different versions of our Barre classes:

BARRE FUSION: This class is a fusion of cardio, strength, core work and flexibility training done with and without the barre. This intense workout is designed to tone, sculpt, and lengthen your muscles from head to toe.

BARRE-LATES: Get the best of both with this Pilates/Barre fusion class. This fusion class combines the dynamic, dance-inspired movements of barre with the lengthening, strengthening exercises of mat Pilates. If you are looking to strengthen your core, look no further!

PILATES SCULPT

This class combines Pilates Principles, along with High Intensity Interval Training (HIIT). It is an intense full body workout to strengthen muscles, increase flexibility and your overall fitness. Get a strong, lean, and sculpted physique. It is the perfect workout for any fitness level, providing a high calorie-burning workout that will challenge you physically and mentally.

STRENGTH & FLOW

Strength & Flow is a ground-based movement program that's designed to improve flexibility, mobility, strength and stamina through body weight movement. This class will get you moving in all planes of motions. Think yoga meets gymnastics meets breakdancing! It's a workout like no other.

FOAM ROLL AND 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.

TIME FOR A NAP!

Take a nap break to refuel your body and mind. Sleep is essential to help reduce stress, improve academics, and leave you recharged for the rest of your day. Free sleep kits and sleep hygiene tips available for participants. Brought to you by AIR & Student Health & Counseling Services within The WELL. Drop in anytime during the scheduled time and stay as little or as long as you like.

CLASS DESCRIPTIONS

CARDIO/STRENGTH

BOOT CAMP

This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate butt-kicking workout.

BIKE & BARRE

This class is a perfect fusion class combining cardio intervals on the bike with the dynamic, dance & Pilates inspired movements of barre to lengthen and strengthen.

CYCLE

Come and join this cardiovascular adventure. Pedal through flat roads, rolling and steep hills and through valleys and take your endurance training to a new level.

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.

HIIT CYCLE

Get all the cardio you need in this 30-minute express class. This class will include a warm-up, cool down and bursts of intensity to work you as hard as possible, followed by periods of rest, allowing you to prepare for the next effort.

CORE & MORE

Say goodbye to old-fashioned and boring sit-ups and crunches! This class offers a variety of exercises to functionally strengthen your core and back, while encouraging balance, strength, and coordination.

CHIZZLED

Experience a muscle work and cardio class that is truly focused on making changes in your body. Perform several sets of an exercise using various types of resistance, weights, med balls, body bars, etc. Sprinkle in cardio bursts throughout the class and leave with a sweat and smile.

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.

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.

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.

ZUMBA®

Zumba® is a high-energy dance aerobic workout to Latin/International rhythms. Zumba feels more like a dance party than a workout and leaves people feeling fit and happy!

COUNTRY CARDIO DANCE

Looking for a fun way to get fit? Step aside Zumba, there's a new dance in town. Join us for 45 min of country cardio dance to get fit and have fun!

ZUMBA/ZUMBA TONING

Zumba is a high-energy dance aerobic workout to Latin/International rhythms. Zumba feels more like a dance party than a workout and leaves people feeling fit and happy! Combine this with Zumba Toning for a perfect workout. Zumba Toning puts extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps focus on specific muscle groups, so you (and your muscles) stay engaged!