

GROUP FITNESS

JANUARY 22–MAY 13 SCHEDULE

S18

UPDATED 3/9/2018

JOIN OUR **FREE** GROUP FIT CLASSES!

MONDAY

▶ 6:15 AM	Bells Bags & Ropes (45 min.)	Bart	Performance Center
■ 10:00 AM	Cycling in the Zones (45 min.)	David	Rubicon Studio
● 11:00 AM	Mat Pilates (45 min.)	Kendra	Feather Studio
● 12:15 PM	Yoga (60 min.)	Cathy	Feather Studio
▶ 12:15 PM	Bells Bags & Ropes (45 min.)	Dom	Performance Center
■ 12:30 PM	Total Body Conditioning (45 min.)	Jen	Klamath Studio
● 3:30 PM	Yoga (60 min.)	Alicia	Feather Studio
▶ 4:30 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
■ 4:30 PM	Abs & Core (30 min.)	Alex	Klamath Studio
● 5:15 PM	Barre Fusion (45 min.)	Ramona	Feather Studio
▶ 5:30 PM	Boxing Basics (45 min.)	Eric	Performance Center
■ 6:00 PM	Total Body Conditioning (60 min.)	Alex	Klamath Studio
■ 6:15 PM	Hip Hop (60 min.)	Erica	Rubicon Studio
● 6:30 PM	Yoga (60 min.)	Jany	Feather Studio
★ 7:15 PM	Self Defense (60 min.)	Vic	Klamath Studio
■ 7:30 PM	Core & More (30 min.)	Erica	Rubicon Studio

TUESDAY

● 6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather Studio
● 9:15 AM	Yoga (60 min.)	Angie	Feather Studio
▶ 9:15 AM	Tough Turf (45 min.)	Janelle	Turf Area or Performance Center
■ 12:15 PM	Cycle Circuit (60 min.)	Dom	Rubicon Studio
● 12:15 PM	Mat Pilates (45 min.)	Christie	Feather Studio
■ 1:45 PM	Kickbox Fit (60 min.)	Erica	Klamath Studio
■ 3:00 PM	Abs & Core (30 min.)	Erica	Klamath Studio
● 3:30 PM	Yoga (60 min.)	Jany	Feather Studio
■ 4:30 PM	Bootcamp (60 min.)	Courtney	Klamath Studio
● 5:15 PM	Yoga (60 min.)	Jany	Feather Studio
▶ 5:45 PM	Bells Bags & Ropes (45 min.)	Sophia	Performance Center
■ 6:00 PM	Cycle Circuit (50 min.)	Brandi	Rubicon Studio
■ 6:15 PM	Zumba (60 min.)	Alex	Klamath Studio
■ 7:15 PM	Barre (45 min.)	Brandi	Feather Studio

WEDNESDAY

▶ 6:15 AM	Bells Bags & Ropes (45 min.)	Bart	Performance Center
■ 10:00 AM	Cycling in the Zones (45 min.)	David	Rubicon Studio
● 11:00 AM	Mat Pilates (45 min.)	Kendra	Feather Studio
● 12:15 PM	Yoga (60 min.)	Cathy	Feather Studio
▶ 12:15 PM	Bells Bags & Ropes (45 min.)	Michael	Performance Center
■ 12:15 PM	Barre (45 min.)	Brandi	Klamath Studio
★ 12:15 PM	**SESSION II: KORU Meditation (75 min.) — see dates		Rubicon Studio
● 3:30 PM	Yoga (60 min.)	Alicia	Feather Studio
★ 3:30 PM	*SESSION I: KORU Meditation (90 min.) — see dates		Rubicon Studio
▶ 4:30 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
■ 5:15 PM	Barre Fusion (45 min.)	Ramona	Feather Studio
▶ 5:30 PM	Boxing Basics & Beyond (45 min.)	Eric	Performance Center
■ 6:30 PM	R.I.P.P.E.D (60 min.)	Ramona	Klamath Studio
▶ 6:30 PM	Tough Turf (45 min.)	Jen	Turf Area or Performance Center
● 6:30 PM	Yoga (60 min.)	April	Feather Studio
★ 7:15 PM	Self Defense (60 min.)	Vic	Rubicon Studio
■ 7:35 PM	Core & More (25 min.)	Ramona	Klamath Studio

THURSDAY

● 6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather Studio
● 8:00 AM	Barre-lates (45 min.)	Dominique	Feather Studio
● 9:15 AM	Yoga Stretch (60 min.)	Dominique	Feather Studio
▶ 9:15 AM	Tough Turf (45 min.)	Janelle	Turf Area or Performance Center
■ 12:15 PM	Cycle Circuit (60 min.)	Dom	Rubicon Studio
● 12:15 PM	Mat Pilates (45 min.)	Christie	Feather Studio
● 2:00 PM	Acro Yoga (60 min.)	Sariah	Feather Studio
● 3:30 PM	Yoga (60 min.)	Summer	Feather Studio
■ 4:30 PM	Abs & Core (30 min.)	Trinidad	Rubicon Studio
■ 4:30 PM	Bootcamp (60 min.)	Courtney	Klamath Studio
● 5:15 PM	Yoga (60 min.)	Summer	Feather Studio
■ 6:15 PM	Zumba (60 min.)	Alex	Klamath Studio

FRIDAY

■ 10:00 AM	Strength, Stability & Stamina (60 min.)	Janelle	Klamath Studio
● 11:00 AM	Pilates Plus (45 min.)	Dominique	Feather Studio
● 12:15 PM	Yoga (60 min.)	Irene	Feather Studio
■ 12:15 PM	Cycling in the Zones (45 min.)	Dominique	Rubicon Studio

▶ 12:15 PM	Bells Bags & Ropes (45 min.)	Dom	Performance Center
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SATURDAY

▶ 9:45 AM	Bells Bags & Ropes (45 min.)	Bart	Performance Center
■ 10:00 AM	Zumba (45 min.)	Ramona	Klamath Studio
● 10:45 AM	Yoga (60 min.)	Bart	Feather Studio
■ 11:00 AM	R.I.P.P.E.D. (60 min.)	Ramona	Klamath Studio

SUNDAY

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

▶ SMALL GROUP TRAINING — 8 PEOPLE OR LESS

\$6/CLASS OR \$48/SEMESTER

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

LED BY PERSONAL TRAINERS OR EXPERTS IN CLASS FORMAT

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

★ SELF DEFENSE—\$20/SESSION

4-WEEK SESSIONS | MONDAY & WEDNESDAY | 7:15–8:15 PM
SESSION I: January 29–February 21 | SESSION II: March 5–April 4 | SESSION III: April 9–May 2

★ KORU MEDITATION—FREE 4 WEEK SESSIONS!

IN COLLABORATION WITH STUDENT HEALTH & COUNSELING SERVICES

*SESSION I: January 31–February 21 | Wednesday | 3:30–5:00 pm

**SESSION II: March 7–April 4 (no class March 21) | Wednesday | 12:15–1:30 pm

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

No classes will be offered on 3/30. Look for a modified schedule on 3/19–3/23. Class schedule is subject to change. Check website for updates: thewellsacstate.com/fitness/group-fitness/classes

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CLASS DESCRIPTIONS

● MIND/BODY

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.

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 3 different versions of our Barre classes:

BARRE: A more traditional version of the Barre methodology.

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.

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!

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!

KUNDALINI YOGA

A secret teaching until recent times, the ancient spiritual technology of Kundalini Yoga employs breath, movement, meditation, and sound vibration to unlock your unique and infinite potential. With the immense variety of material available, every class is a different presentation. Acquire the tools for creativity, learning, and discovering the "authentic" you, as you enjoy a challenging, joyful, and uplifting experience!

MAT PILATES

(pih-lah-tees) 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.

PILATES PLUS

This class incorporates all the benefits of Mat Pilates, as well as incorporates the movement from other formats just as Barre, Yoga and Strength workouts.

YOGA STRETCH

This class is perfect for all who want move their body away from the seated work/study position. The class will warm-up with poses to heat the body, then will address nearly the entire muscular system, stretching and lengthening muscles from the feet to the fingers. It will then end with a rest pose that calms the mind and rests the brain. Yoga Stretch is appropriate for all fitness levels.

YOGA/SUNRISE YOGA

Yoga will develop inner and outer strength, increase stamina and flexibility and help you get centered though a blend of different yoga traditions. This class links body, breath and mind with focus on alignment and is appropriate to all fitness levels.

★ INSTRUCTIONAL CLASSES

SELF DEFENSE

This class is 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: thewellatsacstate.com/fitness/self-defense
See the yellow box on page 1 for pricing and other information.

KORU MEDITATION

In collaboration with Student Health & Counseling Services. A guided meditation guide for those who are seeking better ways to manage stress, but more importantly, enhance their lives and develop the wisdom that will guide them as they make important life decisions. **See the light blue box on page 1 for pricing and other information.**

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CLASS DESCRIPTIONS

■ **CARDIO/STRENGTH**

ABS & CORE

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

See description under **Mind/Body**.

BOOTCAMP

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

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.

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.

HIP HOP

This fun, high-energy class infuses the latest styles of street dancing. Students are encouraged to come and follow along or step outside of the box by bringing their own individual style and personality to the movements.

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.

STRENGTH, STABILITY & STAMINA

To be powerful humans we must have strength. To develop strength, we must be stable in any terrain. This class is designed to integrate balance, strength, and explosive exercises to encourage overall functionality.

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. 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 TRAINING**

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 and burn tons of calories.

BOXING BASICS

You don't need to be a boxer to enjoy the benefits of a heavy bag workout! Beginning to intermediate students will learn the foundational strikes of Thai Boxing, their purpose, and their application in sport and self-defense.

BOXING BASICS & BEYOND

Participants from all fitness backgrounds will realize their inner athlete through this total body workout. You build on and apply the foundational strikes of Thai Boxing, through one to three-minute fitness rounds designed to develop your body to meet the demands of combat sports: controlled explosiveness, agility, and balance. You decide how hard or light you hit this workout - either way, you are sure to have fun.

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.

