

# FREE

# FALL 2020 VIRTUAL & OUTDOOR GROUP FITNESS

## DECEMBER 1-31 SCHEDULE

### MONDAY

12:15 PM	<b>Barre Fusion (45 min.)</b>	Ramona
12:30 PM	<b>OUTDOOR</b> Yoga (60 min.)	Summer
5:00 PM	<b>OUTDOOR</b> Cycle Core (60 min.)	Melissa
5:30 PM	<b>Classic Yoga (60 min.)</b>	Trinidad
6:30 PM	<b>OUTDOOR</b> Strength & Sculpt (45 min.)	Sophia
6:45 PM	<b>Total Body Circuit (45 min.)</b>	Justin

### TUESDAY

6:30 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie
11:00 AM	<b>Modern Pilates (45 min.)</b>	Cathie
12:15 PM	<b>Total Body Workout (45 min.)</b>	Cathie
12:30 PM	<b>OUTDOOR</b> Cycle Circuit (60 min.)	Kendra
4:30 PM	<b>Total Body Mix (45 min.)</b>	Ramona
5:15 PM	<b>OUTDOOR</b> Total Body Workout (45 min.)	Erica
6:15 PM	<b>OUTDOOR</b> Zumba (60 min.)	Ari
6:45 PM	<b>EXPRESS</b> Cardio Kick Box (35 min.)	Stephanie
7:30 PM	<b>EXPRESS</b> Cardio Kick Butt! (30 min.)	Stephanie

### WEDNESDAY

7:30 AM	<b>Total Body Sculpt (45 min.)</b>	Justin
9:15 AM	<b>Mat Pilates (45 min.)</b>	Kendra
12:15 PM	<b>Mindful Yoga (60 min.)</b>	Heather
4:30 PM	<b>Barre Above (45 min.)</b>	Ramona
5:30 PM	<b>Restorative Yoga (60 min.)</b>	Jany
6:30 PM	<b>OUTDOOR</b> Strength & Sculpt (45 min.)	Sophia

### THURSDAY

6:30 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie
11:00 AM	<b>Modern Pilates (45 min.)</b>	Cathie
12:30 PM	<b>OUTDOOR</b> Strength & Sculpt (45 min.)	Stephanie
5:15 PM	<b>OUTDOOR</b> Total Body Workout (45 min.)	Erica
6:15 PM	<b>Zumba/Zumba Toning (45 min.)</b>	Ramona
7:10 PM	<b>EXPRESS</b> Core & More (30 min.)	Ramona

### FRIDAY

9:45 AM	<b>OUTDOOR</b> Cycle Core (60 min.)	Kendra
10:15 AM	<b>Glutes to the Max (45 min.)</b>	Stephanie
12:15 PM	<b>Mindful Yoga (60 min.)</b>	Heather

### SATURDAY

10:00 AM	<b>Zumba (45 min.)</b>	Ramona
10:45 AM	<b>Yoga Flow (60 min.)</b>	Heather
11:00 AM	<b>R.I.P.P.E.D. (60 min.)</b>	Ramona

### SUNDAY

6:00 PM	<b>Strength &amp; Fit Circuit (45 min.)</b>	Justin
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**FOR ZOOM DETAILS & FREE 2-HOUR PARKING**

**CHOOSE ONE OF THE FOLLOWING:**

**FROM THE APP**  
CLICK ON THE CLASS NAME



**FROM THE WEBSITE**  
CLICK ON CLASS "DETAILS"

[TheWELLatSacState.com](http://TheWELLatSacState.com)

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

### HOLIDAY SCHEDULE

**DEC. 21-31** Classes will vary. Check the MB app!  
**DEC. 24, 25, 31** No Class

