

FREE

FALL 2020 VIRTUAL & OUTDOOR GROUP FITNESS

OCTOBER 1-31 SCHEDULE

MONDAY

12:15 PM	Barre Fusion (45 min.)	Ramona
5:30 PM	Classic Yoga (60 min.)	Cathie
6:15 PM	OUTDOOR Strength & Sculpt (45 min.)	Sophia
6:45 PM	Total Body Circuit (45 min.)	Justin

TUESDAY

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

WEDNESDAY

7:30 AM	Total Body Sculpt (45 min.)	Justin
9:15 AM	OUTDOOR Cycle Strength (60 min.)	Melissa
9:15 AM	Mat Pilates (45 min.)	Kendra
12:15 PM	OUTDOOR Yoga-lates (45 min.)	Christie
12:15 PM	Mindful Yoga (60 min.)	Heather
4:30 PM	Barre Above (45 min.)	Ramona
5:45 PM	Dance Choreo Fit (45 min.)	Jasmine
6:15 PM	OUTDOOR Strength & Sculpt (45 min.)	Sophia
6:45 PM	Yoga Sculpt (60 min.)	Jany

THURSDAY

6:30 AM	Sunrise Yoga (60 min.)	Cathie
9:15 AM	Power Yoga (60 min.)	Jany
11:00 AM	Modern Pilates (45 min.)	Cathie
11:00 AM	Mindful Meditation (60 min.)	
12:15 PM	OUTDOOR Strength & Sculpt (60 min.)	Stephanie
5:30 PM	OUTDOOR Bootcamp (45 min.)	Courtney
6:15 PM	Zumba/Zumba Toning (45 min.)	Ramona
7:10 PM	EXPRESS Core & More (30 min.)	Ramona

FRIDAY

10:00 AM	OUTDOOR Cycle Core (60 min.)	Melissa
10:15 AM	Glutes to the Max (45 min.)	Stephanie
12:15 PM	Mindful Yoga (60 min.)	Heather

SATURDAY

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

SUNDAY

6:00 PM	Strength & Fit Circuit (45 min.)	Justin
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TO OBTAIN ZOOM LINKS AND ID #s

VISIT OUR WEBSITE OR DOWNLOAD THE  MINDBODY APP.

VIEW CLASS "DETAILS" OR "BOOK" TO RECEIVE AN EMAIL.

SELF DEFENSE: 4 ONE-HOUR WORKSHOPS

FREE to Sac State students. Register on our website ONLY: thewellatsacstate.com

MONDAYS Session I: September 21–October 16
4:30–5:30 PM Session II: October 26–November 16

MINDFUL MEDITATION WORKSHOP

Take one or all 4 classes to learn a variety of techniques in each workshop. Register on our website: www.thewellatsacstate.com or on the MindBody app.

THURSDAYS Session I: September 17–October 8
11:00 AM–12:00 PM Session II: October 22–November 12

UPCOMING EVENTS

GROUP FIT CLUB EARN A FREE SHIRT! Register until 10/11

ZUMBA HALLOWEEN PARTY October 29

