

-FREE- FALL 2020 VIRTUAL GROUP FITNESS

AUGUST 31-SEPTEMBER 30 SCHEDULE

MONDAY

9:15 AM	Total Body Workout (45 min.)	Erica
12:15 PM	Barre Fusion (45 min.)	Ramona
5:30 PM	Classic Yoga (60 min.)	Trinidad
6:30 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	Cross Conditioning (45 min.)	Cathie
4:30 PM	Bootcamp (45 min.)	Erica
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	Mat Pilates (45 min.)	Kendra
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
6:45 PM	Yoga Sculpt (60 min.)	Jany

THURSDAY

6:30 AM	Sunrise Yoga (60 min.)	Cathie
9:15 AM	Power Yoga (60 min.)	Erica
11:00 AM	Modern Pilates (45 min.)	Cathie
12:15 PM	Cross Conditioning (45 min.)	Stephanie
4:30 PM	Bootcamp (45 min.)	Erica
6:00 PM	Zumba/Zumba Toning (45 min.)	Ramona
7:00 PM	EXPRESS Core & More (30 min.)	Ramona

FRIDAY

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	September 21	October 5
4:30-5:30 PM	September 28	October 12

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	September 17	October 1
11:00 AM-12:00 PM	September 24	October 8

UPCOMING EVENTS

GROUP FIT CLUB EARN A FREE SHIRT!	Begins Sept 21
ZUMBA HALLOWEEN PARTY	October 29

