

FREE

FALL 2021 GROUP FITNESS

NOVEMBER 29-DECEMBER 30 SCHEDULE

MONDAY

11:15 AM	Cycle 45 (Arrive 10-15 min. early)	Trinidad	Feather
12:15 PM	Yoga (60 min.)	Cathy	Rubicon
12:15 PM	Glutes, Core & More (45 min.)	Sammi	Klamath
4:30 PM	Yoga Blend (60 min.)	Erica	Rubicon
6:00 PM	Cycle Core (Arrive 10-15 min. early)	Melissa	Feather
6:15 PM	Total Body Sculpt (45 min.)	Megan	Klamath
6:45 PM	Total Body Circuit (45 min.)	Justin	VIRTUAL

TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Rubicon
12:15 PM	Pilates/Barre Blend (45 min.)	Kendra	Rubicon
12:15 PM	Cardio & Core (45 min.)	Sammi	Klamath
5:15 PM	Total Body Workout (45 min.)	Erica	Klamath
6:15 PM	Zumba (60 min.)	Ari	Trinity
6:30 PM	Yoga Blend (60 min.)	Erica	Rubicon
6:45 PM	Cardio KickBOX & BUTT (45 min.)	Justin	VIRTUAL

WEDNESDAY

9:15 AM	Express Meditation (30 min.)	Cathie	VIRTUAL
10:00 AM	Slow Flow Yoga (60 min.)	Cathie	VIRTUAL
11:15 AM	Cycle 45 (Arrive 10-15 min. early)	Trinidad	Feather
12:15 PM	Yoga (60 min.)	Cathy	Rubicon
12:15 PM	Zumba (45 min.)	Kimmie	Trinity
4:30 PM	Express Core & More (30 min.)	Erica	Klamath
5:15 PM	Yoga Blend (60 min.)	Erica	Rubicon
5:30 PM	Total Body Mix (45 min.)	Justin	VIRTUAL
6:15 PM	Total Body Sculpt (45 min.)	Megan	Klamath

THURSDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Rubicon
11:00 AM	Mat Pilates (45 min.)	Christie	Rubicon
12:15 PM	Core & More (45 min.)	Trinidad	Klamath
4:30 PM	Express Cycle 30 (Arrive 10-15 min. early)	Kendra	Feather
5:15 PM	Total Body Workout (45 min.)	Erica	Klamath
6:30 PM	Yoga Blend (60 min.)	Erica	Rubicon

FRIDAY

9:15 AM	Yoga (60 min.)	Trinidad	VIRTUAL
12:15 PM	Total Body Sculpt (45 min.)	Sammi	Klamath
3:45 PM	Yoga (60 min.)	Cathy	Rubicon
5:00 PM	Total Body/Core (60 min.)	Melissa	Klamath

VIRTUAL HOLIDAY SCHEDULE

MON (12/27)	6:45 PM	Total Body Circuit (45 min.)	Justin
TUES (12/28)	6:45 PM	Cardio KickBOX & BUTT (45 min.)	Justin
WED (12/29)	12:15 PM	Yoga (60 min.)	Trinidad
WED (12/29)	5:30 PM	Total Body Mix (45 min.)	Justin
THUR (12/30)	3:00 PM	Yoga (60 min.)	Trinidad

FOR VIRTUAL CLASS DETAILS

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


----- OR TO VIEW ZOOM INFO: -----

FROM THE APP
CLICK ON THE CLASS NAME


FROM THE WEBSITE
CLICK ON "VIEW DETAILS"
TheWellatSacState.com



NOTES

- Virtual only classes will be held Dec. 27-30.
- No classes offered on Dec. 24-26 & Dec. 31-Jan 2.
- Please check the  MINDBODY App for any schedule changes.



**SCAN THE QR CODE FOR MORE INFO
ON OUR GROUP FITNESS CLASSES.**