

FREE

FALL 2021 GROUP FITNESS

NOVEMBER 1-26 SCHEDULE

MONDAY

10:45 AM	Cycle Orientation/Setup BEGINS 11/8	Trinidad	Feather
11:00 AM	★ Cycle Core (60 min.) BEGINS 11/8	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
5:45 PM	Cycle Orientation/Setup BEGINS 11/8	Melissa	Feather
6:00 PM	★ Cycle Core (60 min.) BEGINS 11/8	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	Klamath
6:30 PM	Yoga Blend (60 min.)	Erica	Rubicon
6:45 PM	Vinyasa Flow (60 min.)	Heather	VIRTUAL
6:45 PM	Cardio KickBOX & BUTT (45 min.)	Justin	VIRTUAL

WEDNESDAY

9:15 AM	Express Meditation (30 min.)	Heather	VIRTUAL
10:00 AM	Slow Flow Yoga (60 min.)	Heather	VIRTUAL
10:45 AM	Cycle Orientation/Setup BEGINS 11/10	Trinidad	Feather
11:00 AM	★ Cycle Core (60 min.) BEGINS 11/10	Trinidad	Feather
12:15 PM	Yoga (60 min.)	Cathy	Rubicon
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

★ All Cycle Class participants must attend a Cycle Orientation/Setup prior to taking a cycle class

NOTES

- Virtual classes only offered on 11/11. Modified schedule on 11/24.
- No classes offered on 11/25-11/26.
- Please check the  MINDBODY. App for any schedule changes.

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
4:15 PM	Cycle Orientation/Setup BEGINS 11/18	Kendra	Feather
4:30 PM	★ Express Cycle (30 min.) BEGINS 11/18	Kendra	Feather
5:15 PM	Total Body Workout (45 min.)	Erica	Klamath
6:30 PM	Yoga Blend (60 min.)	Erica	Rubicon
6:45 PM	Vinyasa Yoga (60 min.)	Heather	VIRTUAL

FRIDAY

12:15 PM	Total Body Sculpt (45 min.)	Sammi	Klamath
5:00 PM	Total Body/Core (60 min.)	Melissa	Klamath

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



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

YOGA NIGHT—FREE!

THURSDAY | NOVEMBER 18 | 7:00 pm

UNIVERSITY UNION BALLROOM

75 minutes of yoga for ALL fitness levels! **PRE-REGISTER AT WWW.SACSTATEUNIQUE.COM**



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