

FREE

FALL 2021 GROUP FITNESS

AUGUST 30-OCTOBER 3 SCHEDULE

MONDAY

12:15 PM	Yoga (60 min.)	Cathy	Rubicon
12:15 PM	Glutes, Core & More (45 min.)	Sammi	Klamath
4:30 PM	Vinyasa Flow (60 min.)	Chris	Rubicon
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	Self Defense (60 min.) <i>(9/28-10/21 ONLY—see below for registration)</i>	Vic	Rubicon
5:15 PM	Total Body Workout (45 min.)	Erica	Klamath
6:15 PM	Zumba (60 min.)	Ari	Klamath
6:30 PM	Yoga Flow (60 min.)	Erica	Rubicon
6:45 PM	Vinyasa Flow (60 min.) BEGINS ON 9/7	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
12:15 PM	Yoga (60 min.) BEGINS ON 9/8	Cathy	Rubicon
4:30 PM	Express Core & More (30 min.)	Trinidad	Klamath
5:15 PM	Yoga (60 min.)	Trinidad	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	Vinyasa Flow (60 min.)	Chris	Rubicon
12:15 PM	Core & More (45 min.)	Trinidad	Klamath
5:15 PM	Self Defense (60 min.) <i>(9/28-10/21 ONLY—see below for registration)</i>	Vic	Rubicon
5:15 PM	Total Body Workout (45 min.)	Erica	Klamath
6:30 PM	Yoga Flow (60 min.)	Erica	Rubicon
6:45 PM	Vinyasa Yoga (60 min.) BEGINS ON 9/9	Heather	VIRTUAL

FRIDAY

12:15 PM	Total Body Sculpt (45 min.)	Sammie	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.**

SELF DEFENSE—4 WEEK SESSIONS

TUE/THURS | SEPT 28-OCT 21 | 5:15 pm



These classes are progressive in nature and build on skills from week to week. Our certified expert instructor goes through progressions. Gain confidence to recognize potentially dangerous situations and how to respond.

Scan the QR code for more info on Self Defense Sessions

Please visit our website for more information. www.thewellatsacstate.com

NOTES

- No classes offered on **Labor Day, Monday September 6.**
- Please check the MINDBODY App for any schedule changes.



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