

# FREE

# FALL 2022 | AUG 29-DEC 11 GROUP FITNESS

## MONDAY

|          |   |          |         |
|----------|---|----------|---------|
| 6:30 AM  | Cycle 45 (45 min.) (Arrive 10 min. early)                 | Cathie   | Feather |
| 11:15 AM | Express Cycle (30 min.) (Arrive 10 min. early)            | Hailey   | Feather |
| 12:15 PM | Abs & Core (45 min.)                                      | Hailey   | Trinity |
| 12:30 PM | Zumba (45 min.)   | Kimmmie  | Klamath |
| 3:30 PM  | Athletic Training (45 min.) \$                            | Michael  | Turf    |
| 5:15 PM  | Yoga Flow (60 min.)                                       | Madeline | Klamath |
| 5:15 PM  | Self Defense (60 min.) (See below for registration info.) | Vic      | Rubicon |
| 5:30 PM  | Total Body Mix (45 min.)                                  | Justin   | VIRTUAL |
| 5:30 PM  | Strength & Sculpt (45 min.) \$                            | Keefe    | PC      |
| 6:15 PM  | Total Body Sculpt (45 min.)                               | Megan    | Trinity |
| 6:30 PM  | Zumba (60 min.)   | Brittany | Klamath |
| 7:30 PM  | Vinyasa Yoga (60 min.)                                    | Maddie   | Truckee |

## TUESDAY

|          |  |          |         |
|----------|--|----------|---------|
| 6:15 AM  | Sunrise Yoga (60 min.)                                   | Cathie   | Truckee |
| 6:30 AM  | Express Cycle (30 min.) (Arrive 10 min. early)           | Melissa  | Feather |
| 9:15 AM  | Yoga for You (60 min.)                                   | Cassie   | Truckee |
| 12:15 PM | Bells, Bags, & Ropes (45 min.) \$                        | Alexa    | PC      |
| 12:15 PM | Vinyasa Yoga (60 min.)                                   | Heather  | Truckee |
| 12:15 PM | KORU Meditation (60 min.) (Oct. 10–Nov 1 Only)           | Jason    | Rubicon |
| 3:30 PM  | Yoga (60 min.)   | Cathy    | Klamath |
| 4:30 PM  | Total Body Workout (45 min.)                             | Andee    | Trinity |
| 4:30 PM  | Express Cycle-Latin Mix (30 min.) (Arrive 10 min. early) | Reymundo | Feather |
| 5:15 PM  | Express Cycle (30 min.) (Arrive 10 min. early)           | Hailey   | Feather |
| 5:45 PM  | Vibe & Flow Yoga (60 min.)                               | Teresa   | Klamath |
| 6:00 PM  | Abs & Core (30 min.)                                     | Hailey   | Rubicon |
| 6:15 PM  | Zumba (60 min.)  | Ari      | Trinity |
| 6:15 PM  | Glutes to The Max (45 min.) \$                           | Alexa    | PC      |

## WEDNESDAY

|          |   |          |         |
|----------|---|----------|---------|
| 6:15 AM  | Sunrise Yoga for You (60 min.)                            | Jenny    | Truckee |
| 6:30 AM  | Cycle 45 (45 min.) (Arrive 10 min. early)                 | Cathie   | Feather |
| 11:15 AM | Express Cycle (30 min.) (Arrive 10 min. early)            | Trinidad | Feather |
| 11:30 AM | Express Meditation (30 min.)                              | Heather  | VIRTUAL |
| 12:15 PM | Total Body Mix (45 min.)                                  | Trinidad | Trinity |
| 12:15 PM | Slow Flow Yoga (60 min.)                                  | Heather  | VIRTUAL |
| 12:30 PM | Zumba (45 min.)   | Kimmmie  | Klamath |
| 3:30 PM  | Athletic Training (45 min.) \$                            | Michael  | Turf    |
| 4:30 PM  | Cycle 45 (45 min.) (Arrive 10 min. early)                 | Reymundo | Feather |
| 4:45 PM  | Strength BASICS (30 min.) \$                              | Keefe    | PC      |
| 5:15 PM  | Vibe & Flow Yoga (60 min.)                                | Teresa   | Klamath |
| 5:15 PM  | Glutes, Core, & More (45 min.)                            | Trinidad | Trinity |
| 5:15 PM  | Self Defense (60 min.) (See below for registration info.) | Vic      | Rubicon |
| 5:30 PM  | Total Body Mix (45 min.)                                  | Justin   | VIRTUAL |
| 5:30 PM  | Strength & Sculpt (45 min.) \$                            | Keefe    | PC      |
| 6:15 PM  | Total Body Sculpt (45 min.)                               | Megan    | Trinity |

## 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

OR

FROM THE WEBSITE  
CLICK ON "VIEW DETAILS"



TheWELLatSacState.com



**SCAN THE QR CODE TO BOOK A  
GROUP FITNESS CLASS**

## THURSDAY

|          |  |          |         |
|----------|--|----------|---------|
| 6:15 AM  | Sunrise Yoga (60 min.)                         | Cathie   | Truckee |
| 9:15 AM  | Cycle, Stretch, & Roll (60 min.)               | Melissa  | Feather |
| 9:15 AM  | Yoga for You (60 min.)                         | Cassie   | Truckee |
| 11:30 AM | Strength BASICS (30 min.) \$                   | Alexa    | PC      |
| 12:15 PM | Bells, Bags, & Ropes (45 min.) \$              | Alexa    | PC      |
| 12:15 PM | Glutes, Core, & More (45 min.)                 | Trinidad | Trinity |
| 12:15 PM | Vinyasa Yoga (60 min.)                         | Heather  | VIRTUAL |
| 12:15 PM | Vibe & Flow Yoga (60 min.)                     | Teresa   | Klamath |
| 3:30 PM  | Yoga (60 min.)                                 | Cathy    | Klamath |
| 4:30 PM  | Total Body Workout (45 min.)                   | Andee    | Trinity |
| 5:15 PM  | Express Cycle (30 min.) (Arrive 10 min. early) | Hailey   | Feather |
| 5:30 PM  | Kickbox Fit (60 min.)                          | Justin   | Trinity |
| 6:00 PM  | Abs & Core (30 min.)                           | Hailey   | Rubicon |
| 6:15 PM  | Glutes to The Max (45 min.) \$                 | Alexa    | PC      |
| 6:30 PM  | Slow Flow & Yin Yoga (60 min.)                 | Lisa     | Klamath |

## FRIDAY

|          |                                   |         |         |
|----------|-----------------------------------|---------|---------|
| 10:00 AM | Total Body Sculpt (45 min.)       | Andee   | Trinity |
| 10:00 AM | Bells, Bags, & Ropes (45 min.) \$ | Michael | PC      |
| 11:30 AM | Intro to Yoga (30 min.)           | Cassie  | Truckee |
| 12:15 PM | Yoga for You (60 min.)            | Cassie  | Truckee |
| 12:15 PM | Athletic Training (45 min.) \$    | Michael | Turf    |
| 4:30 PM  | Vibe & Flow Yoga (60 min.)        | Teresa  | Klamath |
| 5:30 PM  | Total Body Mix (60 min.)          | Justin  | Trinity |

## SATURDAY

|          |                                |       |         |
|----------|--------------------------------|-------|---------|
| 10:00 AM | Slow Flow & Yin Yoga (60 min.) | Lisa  | Truckee |
| 11:00 AM | Hip Hop (60 min.)              | Jolie | Klamath |

## SUNDAY

|         |  |          |         |
|---------|--|----------|---------|
| 5:30 PM | Express Cycle (30 min.) (Arrive 10 min. early) | Melissa  | Feather |
| 6:30 PM | Total Body/Core (60 min.)                      | Melissa  | Klamath |
| 7:00 PM | Hatha Yoga (60 min.)                           | Madeline | Truckee |

## \$ SMALL GROUP TRAINING—8 PEOPLE OR LESS

\$6/CLASS OR \$48/SEMESTER

LED BY PERSONAL TRAINERS  
OR EXPERTS IN CLASS FORMAT

REGISTER ON MIND/BODY APP  
UP TO 24 HRS BEFORE A CLASS

REGISTER ON THE MINDBODY APP UP TO 24 HOURS BEFORE CLASS

## SELF DEFENSE—\$20 (4 WEEK SESSIONS)

SESSION I: SEPT 19–OCT 12 | SESSION II: OCT 17–NOV 9  
MONDAYS & WEDNESDAYS | 5:15–6:15 PM



These classes are progressive and build on skills from week to week.  
Feel empowered and confident 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.thewellsacstate.com](http://www.thewellsacstate.com)

## KORU MINDFULNESS SESSION

OCT 11–NOV 1 | TUESDAYS | 12:15–1:15 PM

The course is designed to help you learn a variety of mindfulness activities that calm and focus your  
mind through the practice of meditation. If you are interested in learning a new skill that can enrich  
your life, these classes are for you!

REGISTER ON THE MINDBODY APP UP TO 24 HOURS BEFORE CLASS