

# FREE

# FALL 2023 | AUG 28-DEC 10 GROUP FITNESS

## MONDAY

6:30 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Cathie	Feather
11:15 AM	Learn to Lift (30 min.) \$	Logan	PC
12:15 PM	Glutes to the Max (45 min.) \$	Logan	PC
12:15 PM	Barre-lates (45 min.)	Chenoa	Klamath
12:30 PM	Zumba (45 min.)	Kimmie	Trinity
3:30 PM	Learn to Lift (30 min.) \$	Andee	PC
4:30 PM	Just Move: Yoga Basics (30 min.)	Jenny	Klamath
5:00 PM	Just Move: Cycle Basics (30 min.) (Arrive 10 min. early)	Peyton	Feather
5:15 PM	Self Defense (60 min.) (See below for registration info.)	Vic	Rubicon
5:15 PM	Yoga for YOU (60 min.)	Jenny	Klamath
5:45 PM	Bells, Bags, & Ropes (45 min.) \$	Sam	PC
5:45 PM	Cycle, Stretch, & Roll (60 min.) (Arrive 10 min. early)	Peyton	Feather
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath

## TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Truckee
9:15 AM	Yoga for YOU (60 min.)	Cassie	Klamath
11:15 AM	Just Move: Cycle Basics (30 min.) (Arrive 10 min. early)	Andee	Feather
12:15 PM	Bells, Bags, & Ropes (45 min.) \$	Michael	PC
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Upper Body Build (45 min.)	Andee	Trinity
12:15 PM	Street Dance Cardio (45 min.)	JD	Rubicon
3:30 PM	Mindful Yoga (60 min.)	Cathy	Rubicon
4:30 PM	Total Body Workout (45 min.)	Mario	Trinity
4:30 PM	Glutes to The Max (45 min.) \$	Michael	PC
4:45 PM	Express Cycle-Latin Mix (30 min.) (Arrive 10 min. early)	Reymundo	Feather
5:30 PM	Slow Flow & Yin Yoga (60 min.)	Lisa	Klamath
5:30 PM	Core & More (30 min.)	Mario	Rubicon
5:30 PM	Burpees, Bags, & Jabs (45 min.) \$	Sam	PC
6:00 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Hailey	Feather
6:15 PM	Turbo Kick (45 min.)	Chenoa	Rubicon
6:15 PM	Zumba (60 min.)	Ari	Trinity

## WEDNESDAY

6:30 AM	Slow Flow Yoga (60 min.)	Jenny	Truckee
6:30 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Cathie	Feather
11:15 AM	Learn to Lift (30 min.) \$	Logan	PC
11:30 AM	Virtual Meditation Mix (30 min.)	Heather	VIRTUAL
12:15 PM	Virtual Yoga for YOU (60 min.)	Heather	VIRTUAL
12:15 PM	Cycle Core (45 min.) (Arrive 10 min. early)	Kendra	Feather
12:15 PM	Strength & Flow (45 min.)	Trinidad	Klamath
12:15 PM	Glutes to the Max (45 min.) \$	Logan	PC
12:30 PM	Zumba (45 min.)	Kimmie	Trinity
3:30 PM	Battle Rope Express (30 min.) \$	Andee	PC
4:45 PM	Upper Body Lift (45 min.) \$	Finn	PC
5:15 PM	Self Defense (60 min.) (See below for registration info.)	Vic	Rubicon
5:15 PM	Slow Flow Yoga (60 min.)	Cassie	Klamath
5:15 PM	Glutes, Core, & More (45 min.)	Trinidad	Trinity
5:45 PM	Rock & Foam Roll (30 min.) \$	Peyton	PC
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:15 PM	Line Dancing (45 min.)	Trinidad	Rubicon
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath

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

SESSION I: SEPT 11-OCT 4 | SESSION II: OCT 16-NOV 8  
MONDAYS & WEDNESDAYS | 5:15-6:15 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 and to register. [www.thewellsacstate.com](http://www.thewellsacstate.com)

## THURSDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Truckee
9:15 AM	Yoga for YOU (60 min.)	Cassie	Klamath
11:30 AM	Just Move: Strength Basics (30 min.)	Trinidad	Trinity
12:15 PM	Bells, Bags, & Ropes (45 min.) \$	Michael	PC
12:15 PM	Glutes, Core, & More (45 min.)	Trinidad	Trinity
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Andee	Feather
3:30 PM	Mindful Yoga (60 min.)	Cathy	Rubicon
4:30 PM	Total Body Workout (45 min.)	Mario	Trinity
4:30 PM	Just Move: Cycle Basics (30 min.) (Arrive 10 min. early)	Reymundo	Feather
4:30 PM	Glutes to The Max (45 min.) \$	Michael	PC
5:00 PM	Yin Yang Yoga (60 min.)	Jenny	Klamath
5:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Reymundo	Feather
5:30 PM	Move, Roll, Stretch (30 min.)	Mario	Trinity
5:30 PM	Burpees, Bags, & Jabs (45 min.) \$	Sam	PC
5:30 PM	Barre-lates (45 min.)	Chenoa	Rubicon
6:15 PM	Vibe & Flow Yoga (60 min.)	Teresa	Klamath
6:15 PM	Zumba (60 min.)	Charlotte	Trinity

## FRIDAY

8:00 AM	Total Body Sculpt (45 min.)	Melissa	Klamath
11:00 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Michael	Feather
11:30 AM	Just Move: Yoga Basics (30 min.)	Teresa	Klamath
12:15 PM	Slow Flow Yoga (60 min.)	Teresa	Klamath
12:15 PM	It's a TURF Workout (45 min.) \$	Michael	Turf
12:15 PM	Lower Body Build (45 min.)	Clarissa	Trinity
5:00 PM	Vinyasa Flow Yoga (60 min.)	Jennifer	Klamath
5:30 PM	Total Body Mix (60 min.)	Mario	Trinity

## SATURDAY

9:30 AM	Yoga Blend (60 min.)	Lisa	Truckee
12:00 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Reymundo	Feather

## SUNDAY

4:45 PM	Vinyasa Flow Yoga (60 min.)	Teresa	Truckee
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## JUST MOVE CLASSES—NEW!

JUST STARTING OUT, COMING BACK FROM AN INJURY OR WANT TO JUST TRY OUT A NEW FORMAT? THESE CLASSES ARE FOR YOU!

FREE! | 30 MINUTE CLASSES

## \$ 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

## 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”



THEWELLSACSTATE.COM

Please check the MINDBODY App for any schedule changes.



SCAN THE QR CODE TO BOOK A GROUP FITNESS CLASS



@wellsacstate