



SPRING 2021 VIRTUAL & OUTDOOR GROUP FITNESS

MARCH 29-APRIL 30 SCHEDULE

MONDAY

9:00 AM	Slow Flow Yoga (60 min.)	Alex
12:15 PM	Barre Fusion (45 min.)	Ramona
12:15 PM	OUTDOOR Glutes to the Max (45 min.)	Sammi
4:30 PM	OUTDOOR Cardio & Core (45 min.)	Stephanie
4:45 PM	EXPRESS Abs & Core (30 min.)	Trinidad
5:30 PM	Classic Yoga (60 min.)	Trinidad
6:30 PM	OUTDOOR Strength & Sculpt (45 min.)	Stephanie
6:45 PM	Total Body Circuit (45 min.)	Justin

TUESDAY

7:00 AM	Sunrise Yoga (60 min.)	Cathie
8:15 AM	EXPRESS Core (30 min.)	Cathie
4:30 PM	Barre Above (45 min.)	Ramona
5:15 PM	OUTDOOR Total Body Workout (45 min.)	Erica
5:30 PM	Vinyasa Yoga (60 min.)	Heather
6:15 PM	OUTDOOR Zumba (60 min.)	Ari
6:45 PM	EXPRESS Cardio Kick Box & Butt! (45 min.)	Justin

WEDNESDAY

7:30 AM	Total Body Sculpt (45 min.)	Justin
12:15 PM	Mat Pilates (45 min.)	Kendra
12:15 PM	OUTDOOR Cardio & Core (45 min.)	Sammi
4:30 PM	Total Body Mix (45 min.)	Ramona
5:30 PM	Restorative Yoga (60 min.)	Trinidad
6:30 PM	OUTDOOR Strength & Sculpt (45 min.)	Megan
6:45 PM	Self Defense (Register on our website)	Vic

THURSDAY

7:00 AM	Sunrise Yoga (60 min.)	Cathie
8:15 AM	Express Core (30 min.)	Cathie
12:30 PM	OUTDOOR Glutes to the Max (45 min.)	Courtney
5:00 PM	Vinyasa Yoga (60 min.)	Heather
5:15 PM	OUTDOOR Total Body Workout (45 min.)	Erica
6:15 PM	Zumba/Zumba Toning (45 min.)	Ramona
6:30 PM	OUTDOOR Yoga Flow (45 min.)	Erica
7:10 PM	EXPRESS Core & More (30 min.)	Ramona

FRIDAY

9:00 AM	Morning Vinyasa Yoga (60 min.)	Alex
10:00 AM	OUTDOOR Cycle Core (60 min.)	Kendra
10:15 AM	Glutes to the Max (45 min.)	Sammi
12:15 PM	OUTDOOR Strength & Sculpt (45 min.)	Sammi

SATURDAY

9:00 AM	Yoga Flow (60 min.)	Heather
9:30 AM	OUTDOOR Cycle Core (60 min.)	Melissa
10:15 AM	Zumba (45 min.)	Ramona
11:15 AM	R.I.P.P.E.D. (60 min.)	Ramona

SUNDAY

6:00 PM	Strength & Fit Circuit (45 min.)	Justin
7:00 PM	Vin & Yin Yoga (60 min.)	Alex

POP-UP FITNESS CLASS—VIRTUAL HORNET STRONG

Join 4 of our fitness team instructors for a fun workout like you have never seen before! They will be bringing the best of their strength series. (This workout can be done at your own level and is appropriate for ALL levels.)

WEDNESDAY | APRIL 14 | 6:45-7:30 pm

Register on our website: www.thewellatsacstate.com or on the MindBody app.

SELF DEFENSE—4 WEEK SESSIONS

These 60-minute Self Defense classes are progressive in nature and build skills from week to week. This program is designed for people who want to feel empowered and more confident.

WEDNESDAYS | APRIL 7-28 | 6:45pm

Register only on our website: www.thewellatsacstate.com

ZOOM DETAILS & FREE 2-HOUR PARKING

CHOOSE ONE OF THE FOLLOWING:

FROM THE APP
CLICK ON THE CLASS NAME



FROM THE WEBSITE
CLICK ON CLASS "DETAILS"

TheWELLatSacState.com

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



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