



WINTER 2022

# GROUP FITNESS

## JANUARY 3-21 SCHEDULE

### MONDAY

11:15 AM	<b>Cycle 45 (Arrive 10 min. early)</b>	Trinidad	Feather
12:15 PM	<b>Yoga (60 min.)</b>	Cathy	Rubicon
12:15 PM	<b>Glutes, Core &amp; More (45 min.)</b>	Sammi	Trinity
12:15 PM	<b>Zumba (45 min.)</b>	Kimmie	Klamath
4:30 PM	<b>Total Body Circuit (45 min.)</b>	Trinidad	<b>VIRTUAL</b>
5:45 PM	<b>Classic Yoga (60 min.)</b>	Trinidad	<b>VIRTUAL</b>
6:00 PM	<b>Cycle Core (Arrive 10 min. early)</b>	Melissa	Feather
6:15 PM	<b>Total Body Sculpt (45 min.)</b>	Megan	Trinity

### TUESDAY

12:15 PM	<b>Pilates/Barre Blend (45 min.)</b>	Kendra	Rubicon
12:15 PM	<b>Cardio &amp; Core (45 min.)</b>	Sammi	Trinity
5:15 PM	<b>Total Body Workout (45 min.)</b>	Megan	Trinity
6:15 PM	<b>Zumba (60 min.)</b>	Ari	Klamath

### WEDNESDAY

11:15 AM	<b>Cycle 45 (Arrive 10 min. early)</b>	Trinidad	Feather
12:15 PM	<b>Yoga (60 min.)</b>	Cathy	Rubicon
12:15 PM	<b>Zumba (45 min.)</b>	Kimmie	Trinity
4:30 PM	<b>Total Body Mix (45 min.)</b>	Trinidad	<b>VIRTUAL</b>
5:45 PM	<b>Classic Yoga (60 min.)</b>	Trinidad	<b>VIRTUAL</b>
6:15 PM	<b>Total Body Sculpt (45 min.)</b>	Megan	Trinity

### THURSDAY

11:00 AM	<b>Mat Pilates (45 min.)</b>	Christie	Rubicon
12:15 PM	<b>Core &amp; More (45 min.)</b>	Trinidad	Trinity
4:30 PM	<b>Express Cycle (Arrive 10 min. early)</b>	Kendra	Feather
5:30 PM	<b>Zumba (60 min.)</b>	Kimmie	Trinity

### FRIDAY

9:15 AM	<b>Yoga (60 min.)</b>	Trinidad	<b>VIRTUAL</b>
12:15 PM	<b>Total Body Sculpt (45 min.)</b>	Sammi	Trinity
3:45 PM	<b>Yoga (60 min.)</b>	Cathy	Rubicon
5:00 PM	<b>Total Body/Core (60 min.)</b>	Melissa	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

**FROM THE WEBSITE**  
CLICK ON "VIEW DETAILS"  
[TheWELLatSacState.com](http://TheWELLatSacState.com)



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

### NOTES

- Please check the MINDBODY App for any schedule changes.
- No classes will be offered on Jan. 17.