

# FREE

# SPRING 2022 GROUP FITNESS

## APRIL 4-MAY 15 SCHEDULE

### MONDAY

6:30 AM	<b>Cycle 45 (Arrive 10 min. early)</b>	Cathie	Feather
7:30 AM	<b>Modern Pilates (45 min.)</b>	Cathie	Rubicon
11:15 AM	<b>Cycle 45 (Arrive 10 min. early)</b>	Trinidad	Feather
12:15 PM	<b>Yoga for You (60 min.)</b>	Jenny	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 Mix (45 min.)</b>	Hailey	Trinity
5:15 PM	<b>Yoga Flow (60 min.)</b>	Madeline	Rubicon
6:15 PM	<b>Total Body Sculpt (45 min.)</b>	Megan	Trinity

### TUESDAY

6:15 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie	Truckee
12:15 PM	<b>Cardio &amp; Core (45 min.)</b>	Sammi	Trinity
3:30 PM	<b>Yoga (60 min.)</b>	Cathy	Rubicon
5:15 PM	<b>Total Body Workout (45 min.)</b>	Erica	Trinity
6:15 PM	<b>Zumba (60 min.)</b>	Ari	Trinity
6:30 PM	<b>Yoga Blend (60 min.)</b>	Erica	Rubicon

### WEDNESDAY

6:30 AM	<b>Cycle (45 min.) (Arrive 10 min. early)</b>	Cathie	Feather
7:30 AM	<b>Modern Pilates (45 min.)</b>	Cathie	Rubicon
10:30 AM	<b>Express Meditation (30 min.)</b>	Heather	VIRTUAL
11:15 AM	<b>Slow Flow Yoga (60 min.)</b>	Heather	VIRTUAL
11:15 AM	<b>Cycle (45 min.) (Arrive 10 min. early)</b>	Trinidad	Feather
12:15 PM	<b>Yoga for You (60 min.)</b>	Jenny	Rubicon
3:30 PM	<b>Glutes Core &amp; More (45 min.)</b>	Clarissa	Trinity
3:30 PM	<b>Slow Flow Yoga</b>	Jenny	Rubicon
6:00 PM	<b>Yoga for You (60 min.)</b>	Cassie	Rubicon
6:15 PM	<b>Total Body Sculpt (45 min.)</b>	Megan	Trinity



SCAN THE QR CODE TO BOOK A  
GROUP FITNESS CLASS

Please check the MINDBODY App for any schedule changes.

### THURSDAY

6:15 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie	Truckee
6:20 AM	<b>Cycle Core (50 min.) (Arrive 10 min. early)</b>	Melissa	Feather
9:30 AM	<b>Cycle, Stretch, &amp; Roll (60 min.) (Arrive 10 min. early)</b>	Melissa	Feather
12:15 PM	<b>Total Body Mix (45 min.)</b>	Trinidad	Trinity
3:30 PM	<b>Yoga (60 min.)</b>	Cathy	Rubicon
4:30 PM	<b>Express Cycle (30 min.) (Arrive 10 min. early)</b>	Hailey	Feather
5:15 PM	<b>Total Body Workout (45 min.)</b>	Erica	Trinity
6:30 PM	<b>Yoga Blend (60 min.)</b>	Erica	Rubicon

### FRIDAY

9:00 AM	<b>Classic Yoga (60 min.)</b>	Trinidad	VIRTUAL
12:15 PM	<b>Total Body Sculpt (45 min.)</b>	Sammi	Trinity
12:15 PM	<b>Yoga For You (60 min.)</b>	Cassie	Rubicon
3:30 PM	<b>Yoga Reset (60 min.)</b>	Cathy	Rubicon
5:00 PM	<b>Total Body/Core (60 min.)</b>	Melissa	Trinity

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

APRIL 4-27 | MON/WED | 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. [www.thewellsacstate.com](http://www.thewellsacstate.com)

### 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](http://TheWELLatSacState.com)

### NOTES