

FREE

SPRING 2025 | JAN 21-MAY 11

GROUP FITNESS

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Jenny	Feather
11:15 AM	Total Body Sculpt (45 min.)	Melissa	Rubicon
12:00 PM	Bells, Bags & Ropes (45 min.)	Naomi	PC
12:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
12:15 PM	Yoga Sculpt (60 min.)	Alex	Klamath
2:00 PM	Booty Barre (45 min.)	Clarissa	Klamath
4:30 PM	Mat Pilates (45 min.)	Kendra	Trinity
4:30 PM	Learn to Lift (45 min.)	JD	PC
5:15 PM	Self-Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Glutes to the Max (45 min.)	CJ	PC
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Bells, Bags & Ropes (45 min.)	Steven	PC
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Trinity
8:15 AM	Barre Blend (45 min.)	Melissa	Klamath
9:15 AM	Yoga for You (60 min.)	Cassie	Klamath
11:15 AM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
11:30 AM	Somatic Movement (30 min.)	Heather	Klamath
12:15 PM	Glutes, Core & More (45 min.)	Naomi	Trinity
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Upper Body Lift (45 min.)	Rufus/JD	PC
3:30 PM	Mindful Yoga (60 min.)	Cathy	Klamath
5:15 PM	Upper Body Build (45 min.)	Avery	Trinity
5:30 PM	KickBox Fit (45 min.)	Rufus	Klamath
5:30 PM	Mat Pilates (45 min.)	Giselle	Klamath
5:45 PM	Express Cycle - Latin Mix (30 min.) (Arrive 10 min. early)	Reymundo	Feather
6:15 PM	Zumba (60 min.)	Ari	Trinity
6:30 PM	Lower Body Lift (45 min.)	Avery	PC
6:30 PM	Yoga Flow (60 min.)	Chelsea	Rubicon

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Cycle Core (60 min) (Arrive 10 min early)	Cathie	Feather
11:30 AM	HardCORE (30 min.)	Trinidad	Trinity
12:15 PM	Chair Strength (45 min.)	Will	Rubicon
12:15 PM	Total Body Workout (45 min.)	Trinidad	Trinity
12:15 PM	Yoga Sculpt (60 min.)	Alex	Klamath
4:30 PM	Barre (45 min.)	Andee	Klamath
4:30 PM	Learn to Lift (45 min.)	Avery	PC
4:45 PM	HardCORE (30 min.)	Steven	Trinity
5:15 PM	Self-Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Bells, Bags & Ropes (45 min.)	Steven	PC
5:30 PM	Cycle 45 (45 min.) (Arrive 10 min early)	Andee	Feather
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath
6:30 PM	Circuit Burn (45 min.)	Kay	PC
7:15 PM	Zumba (60 min.)	Charlotte	Trinity

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Trinity
9:15 AM	Yoga for YOU (60 min.)	Cassie	Klamath
11:15 AM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
11:30 AM	Somatic Movement (30 min.)	Heather	Klamath
12:15 PM	HardCORE (45 min.)	CJ	Trinity
12:15 PM	KickBox Fit (45 min.)	Rufus	PC
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
2:00 PM	Pilates Blend (45 min.)	Melissa	Trinity
3:30 PM	Mindful Yoga (60 min.)	Cathy	Klamath
5:15 PM	Barre Fusion (45 min.)	Crystal	Klamath
5:15 PM	Glutes, Core & More (45 min.)	Avery	Trinity
5:30 PM	KickBox Fit (45 min.)	Rufus	PC
5:45 PM	Express Cycle - Latin Mix (30 min.) (Arrive 10 min. early)	Reymundo	Feather
6:15 PM	Zumba (60 min.)	Justin	Trinity
6:30 PM	Upper Body Lift (45 min.)	Avery	PC

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
12:15 PM	Cycle Core (60 min.) (Arrive 10 min. early)	Kendra	Feather
12:15 PM	Lower Body Build (45 min.)	Clarissa	Trinity
4:45 PM	Core & More (30 min.)	Andee	Rubicon
5:30 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Andee	Feather
5:30 PM	Mindful Yoga (60 min.)	Jenny	Klamath

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10:15 AM	Slow Flow & Yin Yoga (60 min.)	Lisa	Trinity

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:00 PM	Circuit Burn (45 min.)	Kay	PC

SELF DEFENSE—\$20 (4 WEEK SESSIONS)

BEGINNER
SESSION 1: FEB 3-26 | SESSION 2: MAR 3-26

MONDAYS & WEDNESDAYS | 5:15-6:15 PM



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FREE FOR SPRING 2025

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OR EXPERTS IN CLASS FORMAT

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