

# FREE

## SUMMER 2021 VIRTUAL & OUTDOOR

# GROUPFITNESS

## MAY 1-30 SCHEDULE

### MONDAY

12:15 PM	<b>Barre Fusion (45 min.)</b>	Ramona
12:15 PM	<b>OUTDOOR</b> Glutes to the Max (45 min.)	Sammi
6:00 PM	<b>OUTDOOR</b> Strength & Sculpt (45 min.)	Megan
6:45 PM	<b>Total Body Circuit (45 min.)</b>	Justin

### TUESDAY

7:15 AM	<b>OUTDOOR</b> Sunrise Yoga (60 min.)	Cathie
9:00 AM	<b>OUTDOOR</b> Cycle (45 min.)	Cathie
10:00 AM	<b>OUTDOOR</b> EXPRESS Core (30 min.)	Cathie
4:30 PM	<b>Barre Above (45 min.)</b>	Ramona
5:15 PM	<b>OUTDOOR</b> Total Body Workout (45 min.)	Erica
5:30 PM	<b>Vinyasa Flow (60 min.)</b>	Heather
6:15 PM	<b>OUTDOOR</b> Zumba (60 min.)	Ari
6:30 PM	<b>OUTDOOR TENT</b> Yoga Flow (45 min.)	Erica
6:45 PM	<b>Cardio KickBOX &amp; Butt! (45 min.)</b>	Justin

### WEDNESDAY

7:30 AM	<b>Total Body Sculpt (45 min.)</b>	Justin
12:15 PM	<b>Barre Fusion (45 min.)</b>	Ramona
12:30 PM	<b>OUTDOOR</b> Cardio & Core (45 min.)	Sammi
4:30 PM	<b>OUTDOOR</b> Cycle Core (60 min.) <i>(May 19 &amp; 26 only)</i>	Melissa
5:30 PM	<b>Total Body Mix (45 min.)</b>	Ramona
6:00 PM	<b>OUTDOOR</b> Strength & Sculpt (45 min.)	Megan
6:30 PM	<b>Vinyasa Yoga Flow (60 min.)</b>	April

### THURSDAY

7:15 AM	<b>OUTDOOR</b> Sunrise Yoga (60 min.)	Cathie
9:00 AM	<b>OUTDOOR</b> Cycle (45 min.)	Cathie
10:00 AM	<b>OUTDOOR</b> EXPRESS Core (30 min.)	Cathie
12:30 PM	<b>OUTDOOR</b> Glutes to the Max (45 min.)	Courtney
5:00 PM	<b>Vinyasa Yoga (60 min.)</b>	Heather
5:15 PM	<b>OUTDOOR</b> Total Body Workout (45 min.)	Erica
6:15 PM	<b>Zumba/Zumba Toning (45 min.)</b>	Ramona
6:30 PM	<b>OUTDOOR TENT</b> Yoga Flow (45 min.)	Erica
7:10 PM	<b>EXPRESS Core &amp; More (30 min.)</b>	Ramona

### FRIDAY

10:00 AM	<b>OUTDOOR</b> Cycle Core (60 min.)	Kendra
12:15 PM	<b>OUTDOOR</b> Strength & Sculpt (45 min.)	Sammi

### SATURDAY

9:30 AM	<b>OUTDOOR</b> Cycle Core (60 min.) <i>(May 1, 8, &amp; 15 only)</i>	Melissa
10:15 AM	<b>Zumba (45 min.)</b>	Ramona
11:15 AM	<b>R.I.P.P.E.D. (60 min.)</b>	Ramona

### SUNDAY

6:00 PM	<b>Strength &amp; Fit Circuit (45 min.)</b>	Justin
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For more information visit [www.thewellatsacstate.com/fitness](http://www.thewellatsacstate.com/fitness)

## FOR ZOOM DETAILS & FREE 2-HOUR PARKING

### CHOOSE ONE OF THE FOLLOWING:

**FROM THE APP** (CLICK ON THE CLASS NAME) MINDBODY. | **FROM THE WEBSITE** (CLICK ON CLASS "DETAILS") [TheWELLatSacState.com](http://TheWELLatSacState.com)

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