

FREE

WINTER 2022/2023 GROUP FITNESS

DECEMBER 12-JANUARY 22 SCHEDULE

(No classes in-person or virtual December 19-January 2 and January 16.)

MONDAY

| | | | |
|----------|---|----------|----------------|
| 12:15 PM | Total Body Workout (45 min.) | Andee | VIRTUAL |
| 12:15 PM | Strength & Sculpt (45 min.) | Michael | PC |
| 4:30 PM | Express Cycle (30 min.) (Arrive 10 min. early) | Michael | Feather |
| 5:00 PM | Yoga for You (60 min.) | Jennifer | Klamath |
| 5:30 PM | Strength & Sculpt (45 min.) | Keefe | PC |
| 5:30 PM | Total Body Mix (45 min.) | Justin | VIRTUAL |
| 6:30 PM | Zumba (60 min.) | Brittany | Klamath |

TUESDAY

| | | | |
|----------|--|----------|----------------|
| 9:15 AM | Yoga for You (60 min.) | Cassie | Truckee |
| 12:15 PM | Glutes, Core, & More (45 min.) | Hailey | Trinity |
| 12:15 PM | Vinyasa Flow (60 min.) | Heather | VIRTUAL |
| 4:30 PM | Express: Cycle Latin Mix (30 min.) (Arrive 10 min. early) | Reymundo | Feather |
| 6:00 PM | Slow Flow & Yin Yoga (60 min.) | Lisa | Klamath |
| 6:15 PM | Zumba (60 min.) | Ari | Trinity |

WEDNESDAY

| | | | |
|----------|---|----------|----------------|
| 11:30 AM | Express Meditation (30 min.) | Heather | VIRTUAL |
| 12:15 PM | Total Body Strength (45 min.) | Andee | VIRTUAL |
| 12:15 PM | Slow Flow Yoga (60 min.) | Heather | VIRTUAL |
| 4:15 PM | Vinyasa Yoga Flow (60 min.) | Jennifer | VIRTUAL |
| 4:30 PM | Cycle (45 min.) (Arrive 10 min. early) | Reymundo | Feather |
| 4:45 PM | Strength Basics (30 min.) | Keefe | PC |
| 5:30 PM | Strength & Sculpt (45 min.) | Keefe | PC |
| 5:30 PM | Total Body Mix (45 min.) | Justin | VIRTUAL |

THURSDAY

| | | | |
|----------|--|----------|----------------|
| 9:15 AM | Yoga for You (60 min.) | Cassie | Truckee |
| 12:15 PM | Total Body Mix (45 min.) | Trinidad | Trinity |
| 12:15 PM | Vinyasa Flow (60 min.) | Heather | VIRTUAL |
| 5:15 PM | Cycle 45 (45 min.) (Arrive 10 min. early) | Hailey | Feather |
| 5:30 PM | Kickbox Fit (60 min.) | Justin | Trinity |
| 6:00 PM | Slow Flow & Yin Yoga (60 min.) | Lisa | Klamath |

FRIDAY

| | | | |
|---------|--------------------------------------|---------|---------|
| 9:15 AM | Total Body Strength (45 min.) | Shelley | Trinity |
| 5:30 PM | Total Body Mix (60 min.) | Justin | Trinity |

SMALL GROUP TRAINING—8 PEOPLE OR LESS

FREE FOR WINTER BREAK!

LED BY PERSONAL TRAINERS
OR EXPERTS IN CLASS FORMAT

REGISTER ON MIND/BODY APP
UP TO 24 HRS BEFORE A CLASS

REGISTER ON THE  MINDBODY. APP UP TO 24 HOURS BEFORE CLASS

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



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