

GROUP FITNESS SCHEDULE

WINTER 2017-2018 Dec 11-Jan 21

MONDAY

12:15 pm	Yoga (60 min.)	Cathy	Feather Studio
\$ 12:15 pm	Bells, Bags & Ropes (45 min.)	Dom	Performance Center
5:15 pm	Yoga (60 min.)	Alicia	Feather Studio
6:00 pm	Total Body Conditioning (60 min.)	Alex	Klamath Studio

TUESDAY

6:15 am	Sunrise Yoga (60 min.)	Cathie	Feather Studio
12:15 pm	Cycle Circuit (60 min.)	Dom	Rubicon Studio
12:15 pm	Mat Pilates (45 min.)	Christie	Feather Studio
4:30 pm	Bootcamp (60 min.)	Courtney	Klamath Studio
5:30 pm	Yoga (60 min.)	Gina/Jany	Feather Studio
6:00 pm	Barre (45 min.)	Brandi	Klamath Studio

WEDNESDAY

12:15 pm	Yoga (60 min.)	Cathy	Feather Studio
\$ 12:15 pm	Bells, Bags & Ropes (45 min.)	Michael	Performance Center
4:30 pm	Total Body Conditioning (60 min.)	Alex	Klamath Studio
\$ 5:15 pm	Bells, Bags & Ropes (45 min.)	Jen	Performance Center
5:15 pm	Yoga (60 min.)	Alicia	Feather Studio

THURSDAY

6:15 am	Sunrise Yoga (60 min.)	Cathie	Feather Studio
12:15 pm	Cycle Circuit (60 min.)	Dom	Rubicon Studio
12:15 pm	Mat Pilates (45 min.)	Christie	Feather Studio
4:30 pm	Bootcamp (60 min.)	Courtney	Klamath Studio
5:30 pm	Yoga (60 min.)	Gina (Dec) Summer (Jan)	Feather Studio
\$ 6:00 pm	Bells, Bags & Ropes (45 min.)	Tommy	Performance Center

FRIDAY

12:15 pm	Yoga (60 min.)	Irene	Feather Studio
12:15 pm	Cycling in the Zones (45 min.)	Dominique	Rubicon Studio
\$ 12:15 pm	Kettlebell Training (45 min.)	Derrick	Performance Center



GROUP FITNESS CLASS DESCRIPTIONS

BARRE

Barre is a fusion of ballet, Pilates, yoga and strength training to the workouts, that focuses on strength, flexibility, stamina and dynamic stability. Barre emphasizes the correct biomechanics of movement to increase strength, flexibility, stamina and dynamic stability.

BOOTCAMP

Looking for a booty kicking workout? Look no further! This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate workout.

CYCLE CIRCUIT

This class is perfect for those who want a challenging workout which builds cardiovascular and muscular strength all in a one hour class. Participants will rotate through a variety of stations using indoor bikes, free weights, steps and stability balls.

CYCLING IN THE ZONES

The WELL is proud to offer this heart rate monitored group cycling and foam rolling fusion class, all in one! Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout. In Cycling in the Zones you will get the added benefit of foam rolling to release pain and tension in the muscles and will walk away feeling refreshed and rejuvenated.

MAT PILATES

(pih-lah-tees) teaches body awareness and good posture through easy, graceful movement. It improves flexibility, agility and economy of motion. It can even help alleviate back pain. Pilates develops a strong "core" or center of the body, integrating the trunk, pelvis and shoulder girdle. This class is appropriate for all levels.

TOTAL BODY CONDITIONING

Leave no muscle untouched! TBC is a challenging workout, which builds muscular strength and stamina by rotating through exercises and drills using a variety of equipment or none at all.

YOGA/SUNRISE YOGA

Yoga will develop inner and outer strength, increase stamina and flexibility and help you get centered through a blend of different yoga traditions. This class links body, breath and mind with focus on alignment and is appropriate to all fitness levels.

ZUMBA®

Zumba is a high-energy dance aerobic workout. This class fuses together Latin/International rhythms and easy to follow dance steps. Zumba feels more like a dance party than a workout and leaves people feeling fit and happy!

\$ SMALL GROUP FITNESS ► \$6 DROP-IN | \$20 WINTER RATE

Small group classes are a hybrid between personal training and group classes. The small class size allows you to get more individual attention from the personal trainer while still experiencing the energy a group can bring!

BELLS, BAGS & ROPES

This class is set up to make you sweat! The class design is to use non-traditional exercise equipment such as kettlebells, sandbags, warrior ropes, TRX and more to strengthen functional movements.

KETTLEBELL TRAINING

This kettlebell focused class takes your training to the next level by incorporating strength, endurance, and power. Participants of all levels are welcome as we focus on technical work to refine kettlebell skills and include high intensity intervals to amp up the energy!

NOTES

- * Class schedule is subject to change. Check our website or Mind Body for updates: www.thewellatsacstate.com/fitness/group-fitness/class
- * NO CLASSES will be offered between Dec 23-Jan 1 and on Jan 15.

