

# 2016 Summer

## GROUP FITNESS SCHEDULE (MAY 16-AUGUST 26)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM			● Sunrise Yoga Cathie (60 min.)		
7:30 AM	● Sunrise Yoga Bart (60 min.)				
12:15 PM	● Yoga Cathy (60 min.) ★ Bells, Bags & Ropes Shawn (45 min.)	▲ Cycle Circuit Kendra (60 min.) ● Pilates Christie (45 min.)	● Yoga Dominique (60 min.) ★ Bells, Bags & Ropes Shawn (45 min.)	▲ Cycle Circuit Kendra (60 min.) ● Pilates Christie (45 min.)	● Yoga Irene (60 min.) ★ Bells, Bags & Ropes Shawn (45 min.)
4:30 PM		■ Bootcamp Courtney (60 min.)	■ Zumba Ramona (45 min.)	■ Bootcamp Courtney (60 min.)	▲ CSI: Cardio & Strength Intervals Cathie (45 min.)
5:15 PM	▲ Cycling in the Zones Cathie (45 min.)	● Yoga Heather (60 min.)	▲ Cycling in the Zones Cathie (45 min.)	● Yoga Heather (60 min.)	
6:00 PM	▲ Pilates & Foam Rolling Cathie (45 min.)		▲ Pilates & Foam Rolling Cathie (45 min.)		

### STUDIO KEY

- ▲ Rubicon Studio
- Klamath Studio
- Feather Studio
- ★ Performance Center

**ALL ACCESS PASS: \$10/SESSION**  
**DROP IN FEE: \$3/CLASS**

- SESSION 1** May 16-June 24  
*(Spring passes will be accepted the week of May 16)*
- SESSION 2** June 27-July 29  
*(Building closed on July 4th)*
- SESSION 3** Aug 1-Aug 26

### NOTES

- \* Class schedule is subject to change. Check the website for updates.
- \* Holidays/Class Cancellations: No classes will be held on **Monday May 30th & Monday July 4th.**

### CARDIO/STRENGTH

#### CSI: CARDIO & STRENGTH INTERVALS

CSI is a challenging workout which builds cardiovascular and muscular strength by rotating through intervals using a variety of equipment.

#### 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 workout. Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout

#### 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.

#### 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.

#### 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!

### MIND/BODY

#### PILATES

Pilates teaches body awareness and good posture through easy, graceful movement, improving flexibility, agility and economy of motion by developing a strong "core" or center of the body.

#### PILATES & FOAM ROLLING

Foam Rolling is used to increase circulation, release "knots" or adhesions that form in muscles. It is also used to help relax the nervous system. Simply by using your own body weight on the rollers, you can reduce pain and tension, and restore normal muscle length and balance.

#### 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.