

2019 SCHEDULE (MAY 13-AUGUST 23)

Summer

FREE GROUP FITNESS

MONDAY

12:15 PM	Yoga (60 min.)	Cathy	Feather Studio
12:15 PM	Bells, Bags & Ropes (45 min.)	Nick	Performance Center
12:15 PM	Barre Fusion (45 min.)	Ramona	Klamath Studio
4:30 PM	Yoga (60 min.)	Sam	Feather Studio
5:15 PM	Total Body Conditioning (60 min.)	Summer	Klamath Studio

TUESDAY

9:30 AM	Yoga (60 min.)	Jewel	Feather Studio
12:15 PM	Mat Pilates (45 min.)	Christie	Feather Studio
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon Studio
5:15 PM	Zumba (60 min.)	Jasmine	Klamath Studio
6:30 PM	Barre (45 min.)	Jasmine	Klamath Studio

WEDNESDAY

12:15 PM	Yoga (60 min.)	Cathy	Feather Studio
12:15 PM	Total Body Conditioning (60 min.)	Ramona	Klamath Studio
1:00 PM	Kettlebell Training (45 min.)	Sophia	Performance Center
4:30 PM	Barre Fusion (45 min.)	Ramona	Klamath Studio
5:30 PM	R.I.P.P.E.D. (60 min.)	Ramona	Klamath Studio
6:30 PM	Yoga (60 min.)	April	Feather Studio

THURSDAY

9:00 AM	Strength, Stability & Stamina (60 min.)	Janelle	Klamath Studio
12:15 PM	Mat Pilates (45 min.)	Christie	Feather Studio
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon Studio
4:30 PM	Bootcamp (60 min.)	Courtney	Klamath Studio
5:15 PM	Zumba/Zumba Toning (60 min.)	Ramona	Rubicon Studio
5:30 PM	Yoga (60 min.)	Chris	Feather Studio

FRIDAY

11:45 AM	Cycling in the Zones (45 min.)	Dominique	Rubicon Studio
12:15 PM	Yoga (60 min.)	Irene	Feather Studio
12:15 PM	Bells, Bags & Ropes (45 min.)	Nick	Performance Center
12:40 PM	Abs & Stretch (30 min.)	Dominique	Rubicon Studio

CLASS DESCRIPTIONS

ABS & STRETCH

A strong body comes from a strong core. Exercises in this class can build a stable and functional core and will focus on strengthening the abdomen, back, hips and more. Ultimately, this class will help improve posture and provide a solid base for all fitness activities.

BARRE

Barre is a fusion of cardio/strength training, Pilates, yoga, and ballet movements. Barre emphasizes the correct biomechanics of movement to increase strength, flexibility, stamina and dynamic stability.

BARRE FUSION

A fusion of cardio, strength, core work and flexibility training. This intense workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

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

MAT PILATES

This class 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.

R.I.P.P.E.D.

This fitness program is perfect for those who want a challenging workout. It is a high energy group exercise class, that combines an easy, yet effective cardiovascular routine, with weights and resistance for strength training. It is a fun class for all fitness levels that will help you reach the fitness results you are looking for. R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet.

STRENGTH, STABILITY & STAMINA

To be powerful humans we must have strength. To develop strength, we must be stable in any terrain. This class is designed to integrate balance, strength, and explosive exercises to encourage overall functionality.

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

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!

ZUMBA® TONING

This class combines body weight, muscle conditioning, cardio and plyometric training. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

SMALL GROUP FITNESS

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 website for updates: www.thewellatsacstate.com/fitness
- Holidays/Class Cancellations: NO CLASSES will be held on **May 27th & July 4th**.

PLEASE REGISTER FOR CLASS ON OUR WEBSITE OR VIA THE  MINDBODY. APP.

ALL SUMMER GROUP FITNESS CLASSES ARE FREE!

