

# FREE GROUP FITNESS

# SPRING 19

## JANUARY 22-MAY 12 SCHEDULE

### MONDAY

|             |  |           |                    |
|-------------|--|-----------|--------------------|
| 10:15 AM    | HIIT Cycle (30 min.)   | Cathie    | Rubicon            |
| 11:00 AM    | Modern Pilates (45 min.)   | Cathie    | Feather            |
| 12:15 PM    | Yoga (60 min.)   | Cathy     | Feather            |
| \$ 12:15 PM | Bells, Bags & Ropes (45 min.)  | Michael   | Performance Center |
| ▶ 12:15 PM  | How to Use Heart Rate Monitoring for Actual Results (45 min.) (from 2/11-3/4 only) | Cathie    | Rubicon            |
| \$ 1:45 PM  | HIIT Circuit (45 min.)   | Taylor    | Performance Center |
| 3:30 PM     | Yoga (60 min.)   | Jany      | Feather            |
| 4:00 PM     | Cycling in the Zones (45 min.)   | Dominique | Rubicon            |
| \$ 4:30 PM  | Kettlebell Training (45 min.)  | Tommy     | Performance Center |
| 4:30 PM     | Abs & Core (30 min.)   | Alex      | Klamath            |
| 5:00 PM     | Abs & Stretch (25 min.)  | Dominique | Rubicon            |
| 5:15 PM     | Start Strong (30 min.) Private Faculty/Staff Class                                 | Alex      | Klamath            |
| \$ 5:45 PM  | Box & Sculpt (45 min.)   | Juan      | Performance Center |
| 5:45 PM     | Zumba (60 min.)  | Brittany  | Rubicon            |
| 6:15 PM     | Total Body Conditioning (60 min.)  | Alex      | Klamath            |
| 6:30 PM     | Yoga (60 min.)   | Kate      | Feather            |
| ★ 7:15 PM   | Self Defense (60 min) (see next page for session dates)                            | Vic       | Rubicon            |
| 7:20 PM     | Foam Roll & Release (30 min.)  | Alex      | Klamath            |

### TUESDAY

|             |  |           |                                 |
|-------------|--|-----------|---------------------------------|
| 6:15 AM     | Sunrise Yoga (60 min.)                             | Cathie    | Feather                         |
| ▶ 9:00 AM   | KORU Meditation (90 min.) (from 1/29-2/19 only)    | Cheryl    | Rubicon                         |
| 9:15 AM     | Yoga (60 min.)                                     | Kate      | Feather                         |
| \$ 10:45 AM | Tough Turf (45 min.)                               | Dom       | Turf Area or Performance Center |
| 12:15 PM    | Cycle Circuit (60 min.)                            | Kendra    | Rubicon                         |
| 12:15 PM    | Mat Pilates (45 min.)                              | Christie  | Feather                         |
| ▶ 12:15 PM  | KORU Meditation (90 min.) (from 4/9-4/30 only)     | Cheryl    | Klamath                         |
| \$ 1:45 PM  | Barbell Mania (45 min.)                            | Summer G. | Klamath                         |
| 3:30 PM     | Yoga (60 min.)                                     | Kao       | Feather                         |
| 4:30 PM     | Bootcamp (60 min.)                                 | Courtney  | Klamath                         |
| 5:15 PM     | Yoga (60 min.)                                     | Kao       | Feather                         |
| 5:15 PM     | Start Strong (30 min.) Private Faculty/Staff Class | Christie  | Rubicon                         |
| 6:00 PM     | Chizzled (45 min.)                                 | Christie  | Rubicon                         |
| \$ 6:15 PM  | Bells Bags & Ropes (45 min.)                       | Tommy     | Performance Center              |
| 6:15 PM     | Zumba (60 min.)                                    | Alex      | Klamath                         |
| 7:15 PM     | Cycle (45 min.)                                    | Aspen     | Rubicon                         |

### WEEKEND SATURDAY

|            |                                |         |                    |
|------------|--------------------------------|---------|--------------------|
| 8:00 AM    | Cycling in the Zones (45 min.) | Melissa | Rubicon            |
| \$ 9:45 AM | Boxing Mix (45 min.)           | Chris   | Performance Center |
| 10:00 AM   | Zumba (45 min.)                | Ramona  | Klamath            |
| 10:45 AM   | Yoga (60 min.)                 | Kate    | Feather            |
| 11:00 AM   | R.I.P.P.E.D. (60 min.)         | Ramona  | Klamath            |

### SUNDAY

|         |                                   |        |         |
|---------|-----------------------------------|--------|---------|
| 6:00 PM | Total Body Conditioning (60 min.) | Ramona | Klamath |
| 7:00 PM | Yoga (60 min.)                    | April  | Feather |

### WEDNESDAY

|             |   |           |                    |
|-------------|---|-----------|--------------------|
| 6:15 AM     | Cycle (45 min.)   | Melissa   | Rubicon            |
| 7:00 AM     | Kundalini Yoga (75 min.)                                | Manvir    | Feather            |
| ▶ 9:15 AM   | Foam Roll for Function (30 min.) (from 2/13-3/6 only)   | Michael   | Rubicon            |
| 10:15 AM    | HIIT Cycle (30 min.)                                    | Cathie    | Rubicon            |
| 11:00 AM    | Modern Pilates (45 min.)                                | Cathie    | Feather            |
| 12:15 PM    | Yoga (60 min.)  | Cathy     | Feather            |
| \$ 12:15 PM | Bells Bags & Ropes (45 min.)                            | Michael   | Performance Center |
| 12:15 PM    | Total Body Conditioning (45 min.)                       | Summer G. | Klamath            |
| 1:45 PM     | Time for a Nap! (60 min. drop in)                       | PHE Staff | Feather            |
| ▶ 3:30 PM   | KORU meditation (90 min.) (from 3/6-4/3 only)           | Cheryl    | Rubicon            |
| 3:30 PM     | Yoga (60 min.)  | Kristie   | Feather            |
| \$ 4:30 PM  | Kettlebell Training (45 min.)                           | Tommy     | Performance Center |
| 5:30 PM     | Barre Fusion (45 min.)                                  | Ramona    | Klamath            |
| \$ 5:45 PM  | Glutes to the Max (45 min.)                             | Kailee    | Performance Center |
| 6:30 PM     | R.I.P.P.E.D. (60 min.)                                  | Ramona    | Klamath            |
| 6:30 PM     | Yoga (60 min.)  | April     | Feather            |
| 7:35 PM     | Core & More (30 min.)                                   | Ramona    | Klamath            |
| ★ 7:15 PM   | Self Defense (60 min) (see next page for session dates) | Vic       | Rubicon            |

### THURSDAY

|             |  |          |                                 |
|-------------|--|----------|---------------------------------|
| 6:15 AM     | Sunrise Yoga (60 min.)                             | Cathie   | Feather                         |
| 9:15 AM     | Yoga (60 min.)                                     | Kate     | Feather                         |
| \$ 10:45 AM | Tough Turf (45 min.)                               | Dom      | Turf Area or Performance Center |
| ▶ 11:30 AM  | Intro to Pilates (30 min) (from 1/24-2/14 only)    | Christie | Feather                         |
| 12:15 PM    | Cycle Circuit (60 min.)                            | Kendra   | Rubicon                         |
| 12:15 PM    | Mat Pilates (45 min.)                              | Christie | Feather                         |
| 1:45 PM     | Acro Yoga (60 min.)                                | Sariah   | Feather                         |
| 1:45 PM     | Total Body Tabata (45 min.)                        | Trinidad | Klamath                         |
| 2:45 PM     | Foam Roll & Release (30 min.)                      | Trinidad | Klamath                         |
| 3:30 PM     | Yoga (60 min.)                                     | Jany     | Feather                         |
| 4:30 PM     | Abs & Core (30 min.)                               | Ramona   | Rubicon                         |
| 4:30 PM     | Bootcamp (60 min.)                                 | Courtney | Klamath                         |
| ▶ 4:35 PM   | Intro to Yoga (30 min) (from 1/24-2/14 only)       | Jany     | Feather                         |
| 5:15 PM     | Start Strong (30 min.) Private Faculty/Staff Class | Ramona   | Rubicon                         |
| 5:15 PM     | Yoga Sculpt (60 min.)                              | Jany     | Feather                         |
| \$ 6:15 PM  | Bells Bags & Ropes (45 min.)                       | Tommy    | Performance Center              |
| 6:15 PM     | Zumba Toning (60 min.)                             | Ramona   | Klamath                         |
| 7:30 PM     | Barre Fusion (45 min.)                             | Ramona   | Klamath                         |

### FRIDAY

|             |                                |           |                                 |
|-------------|--------------------------------|-----------|---------------------------------|
| 11:05 AM    | Barre-lates (45 min.)          | Dominique | Feather                         |
| 12:15 PM    | Yoga (60 min.)                 | Irene     | Feather                         |
| 12:15 PM    | Cycling in the Zones (45 min.) | Dominique | Rubicon                         |
| \$ 12:15 PM | Triple Threat (45 min.)        | Dom       | Turf Area or Performance Center |
| \$ 4:00 PM  | Box & Sculpt (45 min.)         | Angel     | Performance Center              |
| 5:00 PM     | Yoga (60 min.)                 | Kate      | Feather                         |

### ▶ LEARN TO SERIES—FREE 4-WEEK SESSIONS

#### INTRO TO PILATES OR YOGA

These 30-minute classes is for those interested in learning what to expect in a class, proper terminology and technique, as well as how to get the most out of any class. It will introduce important principles and moves and prepare you for any class in the future. Great for beginners and any level.

|                         |                 |          |                    |
|-------------------------|-----------------|----------|--------------------|
| <b>INTRO TO PILATES</b> | Jan. 24–Feb. 14 | Christie | 11:30 am (30 min.) |
| <b>INTRO TO YOGA</b>    | Jan. 24–Feb. 14 | Jany     | 4:35 pm (30 min.)  |

#### KORU MEDITATION

The course, consisting of 4 classes, is designed to help you learn a variety of mindfulness through the practice of specific skills that calm and focus your mind through the practice of meditation. If you are feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, these classes are for you!

|                    |            |                 |                    |
|--------------------|------------|-----------------|--------------------|
| <b>SESSION I</b>   | Tuesdays   | Jan. 29–Feb. 19 | 9:00 am (90 min.)  |
| <b>SESSION II</b>  | Wednesdays | Mar. 6–Apr. 3   | 3:30 pm (90 min.)  |
| <b>SESSION III</b> | Tuesdays   | Apr. 9–Apr. 30  | 12:15 pm (90 min.) |

#### HOW TO USE HEART RATE MONITORING FOR ACTUAL RESULTS

Using a heart rate monitor can transform and personalize your workout! In this workshop, you will learn your own thresholds. This information will then help you to set and meet your exercise intensity goals and make each workout count!

|                |                |                    |
|----------------|----------------|--------------------|
| <b>Mondays</b> | Feb. 11–Mar. 4 | 12:15 pm (45 min.) |
|----------------|----------------|--------------------|

#### FOAM ROLL FOR FUNCTION

Foam rolling is used to increase circulation, release “knots” or adhesions that form in muscles and help relax the nervous system. In this class, you will learn to identify those restrictive muscles and how to foam roll to create greater joint mobility and restore muscular function.

|                   |                |                   |
|-------------------|----------------|-------------------|
| <b>Wednesdays</b> | Feb. 13–Mar. 6 | 9:15 am (30 min.) |
|-------------------|----------------|-------------------|

### START STRONG (PRIVATE FACULTY & STAFF)

This is faculty/staff only class is a great way to kick start your fitness routine! It consists of three 30-minute group training classes per week with certified instructors! Participants can enjoy the camaraderie and accountability they get with other campus community members. Classes are open to a wide range of ability and age groups, as Instructors work at your pace and work to improve technique to ensure safety.

|                                |                   |
|--------------------------------|-------------------|
| <b>Monday/Tuesday/Thursday</b> | 5:15 pm (30 min.) |
|--------------------------------|-------------------|

### ★ SELF DEFENSE — \$20/SESSION

These classes are progressive in nature and build on skills from week to week. Our certified instructor goes through the progressions of gaining self confidence, recognizing potentially dangerous situations and learning how to respond.

**Please visit our website for more information: [www.thewellsacstate.com](http://www.thewellsacstate.com)**

|                        |                            |              |
|------------------------|----------------------------|--------------|
| <b>4-WEEK SESSIONS</b> | Session I: Feb. 18–Mar. 13 | (Mon & Wed)  |
| <b>SELF DEFENSE</b>    | Session II: Apr. 8–May 1   | 7:15–8:15 pm |

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

Download the **FREE** app today to reserve your spot today.

#### NOTES:

No classes will be offered on **April 1<sup>st</sup>**. Look for schedule changes the week of **3/18-3/22**. Class schedule is subject to change. Check the Mindbody App or our website for updates and more info: [www.thewellsacstate.com/fitness/group-fitness/classes](http://www.thewellsacstate.com/fitness/group-fitness/classes)

### \$ SMALL GROUP TRAINING — 8 PEOPLE OR LESS

**\$6/CLASS OR \$48/SEMESTER**

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

## CLASS DESCRIPTIONS

### ▶ SMALL GROUP TRAINING

#### BARBELL MANIA

Learning how to move a barbell teaches our mind how to use all of our muscles together to move an object efficiently, training our neuromuscular system. This class trains you on how to create serious results and strong bodies. It's absolute, positive power.

#### 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 and burn tons of calories.

#### BOXING MIX

In this class, fitness meets martial arts. Prepare yourself for a booty kicking workout filled with drills for conditioning, pad/bag work for cardio, and even some self-defense. Put all this together for an incredible total body and mind workout.

#### BOX & SCULPT

Get ready for a knockout of a workout! This amazing sweat session will include rounds of boxing drills, as well as strength, cardio and core training all in one session.

#### HIIT CIRCUIT

High Intensity Interval Training incorporates cardiovascular and strength training into a total body workout. Work to your maximum effort to gain maximum results.

#### GLUTES TO THE MAX

Many people have weak glutes due to sedentary lifestyles. If you train your butt, you'll have good carryover into your back strength. That's really important for functional purposes. This class will challenge you build strong legs, glutes and back muscles.

#### 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!

#### TOUGH TURF

Join our Personal Trainers on our new outdoor turf for a work out full of skills, drills, and intervals of cardio and strength training. During inclement weather, class will be moved to the Performance Center.

#### TRIPLE THREAT

Triple Threat combines strength, cardio, and core training in a way never seen before. It is a great way to improve your cardiovascular training with the help of power movements and sports conditioning.

## CLASS DESCRIPTIONS

### ● MIND/BODY

#### ACRO YOGA

Take your practice to new heights with this fun yoga class. Acro Yoga is a physical practice, which combines yoga and acrobatics. Acro Yoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts.

#### 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. \* Enjoy 3 different versions of our Barre classes:

**BARRE FUSION:** This class is a fusion of cardio, strength, core work and flexibility training done with and without the barre. This intense workout is designed to tone, sculpt, and lengthen your muscles from head to toe.

**BARRE-LATES:** Get the best of both with this Pilates/Barre fusion class. This fusion class combines the dynamic, dance-inspired movements of barre with the lengthening, strengthening exercises of mat Pilates. If you are looking to strengthen your core, look no further!

#### FOAM ROLL & RELEASE

Foam rolling is used to increase circulation, release "knots" or adhesions that form in muscles, and 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.

#### KUNDALINI YOGA

A secret teaching until recent times, the ancient spiritual technology of Kundalini Yoga employs breath, movement, meditation, and sound vibration to unlock your unique and infinite potential. With the immense variety of material available, every class is a different presentation. Acquire the tools for creativity, learning, and discovering the "authentic" you, as you enjoy a challenging, joyful, and uplifting experience!

#### MAT PILATES

teaches body awareness, strength and good posture. 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.

#### MODERN PILATES

This class captures the essence of Pilates with a yoga and strength influence. Many of the exercises are generally taught with a "neutral pelvis" for a healthy posture. Lengthen and strengthen in this amazing class!

#### TIME FOR A NAP!

Take a nap break to refuel your body and mind. Sleep is an essential to help to reduce stress, improve academics and leave you recharged for the rest of your day. Free sleep kits and sleep hygiene tips available for participants. Brought to you by AIR & Student Health & Counseling Services within The WELL.

#### YOGA/SUNRISE YOGA

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

#### YOGA SCULPT

When muscle meets yoga, yoga sculpt is born. When you combine mental and emotional focus of yoga along with cardio, sweat, and up-beat music, your workout is transformed.

## CLASS DESCRIPTIONS

### CARDIO/STRENGTH

#### ABS & CORE

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.

#### 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

See description under **Mind/Body**.

#### BOOTCAMP

This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate butt-kicking workout.

#### CHIZZLED

Experience a muscle work and cardio class that is truly focused on making changes in your body. Perform several sets of an exercise using various types of resistance, weights, med balls, body bars, etc. Sprinkle in cardio bursts throughout the class and leave with a sweat and smile.

#### CORE & MORE

Say goodbye to old-fashioned and boring sit-ups and crunches! This class offers a variety of exercises to functionally strengthen your core and back, while encouraging balance, strength, and coordination.

#### CYCLE

Come and join this cardiovascular adventure. Pedal through flat roads, rolling and steep hills and through valleys and take your endurance training to a new level.

#### 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 cardio intervals on the bike and strength intervals using free weights, stability balls and more.

#### CYCLING IN THE ZONES

The WELL is proud to offer this heart rate monitored group cycling! Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout. Never before has it been so easy to reach your training goals!

#### HIIT CYCLE

Get all the cardio you need in this 30-minute express class. This class will include a warm-up, cool down and bursts of intensity to work you as hard as possible, followed by periods of rest, allowing you to prepare for the next effort.

#### 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.

#### 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.

#### TOTAL BODY TABATA

Tabata training is a highly effective, high-intensity interval training (HIIT) workout. Each set of intervals last 4 minutes, with 20 seconds of work, 10 seconds of rest 8 times. Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers. Although it can be intense, come join this class and push yourself to your desired intensity.

#### 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

Zumba Toning is a perfect workout for those who want to dance, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps focus on specific muscle groups, so you (and your muscles) stay engaged! Using light weights while doing Zumba enhance a sense of rhythm and coordination, while toning target zones, including arms, core and lower body.