

# FREE GROUP FITNESS

# SPRING 20

## JANUARY 21-MAY 10 SCHEDULE

### MONDAY

▶ 10:15 AM	<b>EXPRESS: Cycle (30 min.)</b>	Cathie	Rubicon
11:00 AM	<b>Modern Pilates (45 min.)</b>	Cathie	Feather
12:15 PM	<b>Yoga (60 min.)</b>	Cathy	Feather
\$ 12:15 PM	<b>Bells, Bags &amp; Ropes (45 min.)</b>	Nick	Performance Center
12:15 PM	<b>Barre Fusion (45 min.)</b>	Ramona	Klamath
2:00 PM	<b>Yoga Sculpt (60 min.)</b>	Jany	Feather
3:30 PM	<b>Total Body Workout (45 min.)</b>	Riva	Klamath
▶ 4:30 PM	<b>EXPRESS: Core &amp; More (30 min.)</b>	Ramona	Klamath
\$ 4:30 PM	<b>Kettlebell Training (45 min.)</b>	Sophia	Performance Center
▶ 5:15 PM	<b>Start Strong (30 min.)</b> <i>Private Faculty/Staff Class</i>	Ramona	Klamath
\$ 5:45 PM	<b>Bells, Bags &amp; Ropes (45 min.)</b>	Caleb	Performance Center
6:15 PM	<b>R.I.P.P.E.D. (60 min.)</b>	Ramona	Klamath
6:30 PM	<b>Yoga (60 min.)</b>	Heather	Feather
★ 7:15 PM	<b>Self Defense (60 min.)</b> <i>(see next page for session dates)</i>	Vic	Rubicon
7:25 PM	<b>Foam Roll &amp; Release (30 min.)</b>	Ramona	Klamath

### TUESDAY

6:15 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie	Feather
9:15 AM	<b>Stength &amp; Flow (60 min.)</b>	Sariah	Feather
10:30 AM	<b>Acro Yoga (60 min.)</b>	Sariah	Feather
\$ 11:00 AM	<b>Strength &amp; Sculpt (45 min.)</b>	Nick	Performance Center
12:15 PM	<b>Cycle Circuit (60 min.)</b>	Kendra	Rubicon
12:15 PM	<b>Mat Pilates (45 min.)</b>	Christie	Feather
2:00 PM	<b>Time for a NAP 2/4-4/28 only</b> <i>(drop in anytime between 2-3:15 pm)</i>	PHE Staff	Feather
3:00 PM	<b>Pop-Up Class—Hula Hooping!</b> <i>(March 10th only—60 min.)</i>	Riva	Klamath
3:30 PM	<b>Yoga (60 min.)</b>	Jewel	Feather
\$ 3:30 PM	<b>Boxing Mix (45 min.)</b>	Juan	Performance Center
4:30 PM	<b>Bootcamp (60 min.)</b>	Courtney	Klamath
▶ 5:15 PM	<b>Start Strong (30 min.)</b> <i>Private Faculty/Staff Class</i>	Christie	Rubicon
5:15 PM	<b>Yoga (60 min.)</b>	Heather	Feather
\$ 6:00 PM	<b>Cross Conditioning (45 min.)</b>	Stephanie	Performance Center
6:00 PM	<b>Chizzled (45 min.)</b>	Christie	Rubicon
6:15 PM	<b>Zumba (60 min.)</b>	Arianne	Klamath

### WEEKEND SATURDAY

\$ 9:00 AM	<b>Bells, Bags &amp; Ropes (45 min.)</b>	Caleb	Performance Center
▶ 9:15 AM	<b>EXPRESS: Core &amp; More (30 min.)</b>	Ramona	Klamath
10:00 AM	<b>Zumba (45 min.)</b>	Ramona	Klamath
10:45 AM	<b>Yoga (60 min.)</b>	Chris	Feather
11:00 AM	<b>R.I.P.P.E.D. (60 min.)</b>	Ramona	Klamath

### SUNDAY

6:00 PM	<b>Total Body Workout (60 min.)</b>	Justin	Klamath
7:00 PM	<b>Yoga (60 min.)</b>	April	Feather

### WEDNESDAY

6:15 AM	<b>Total Body Workout (45 min.)</b>	Riva	Rubicon
9:15 AM	<b>Yoga (60 min.)</b>	Xanthe	Feather
▶ 10:15 AM	<b>EXPRESS: Cycle (30 min.)</b>	Cathie	Rubicon
11:00 AM	<b>Modern Pilates (45 min.)</b>	Cathie	Feather
12:15 PM	<b>Yoga (60 min.)</b>	Cathy	Feather
\$ 12:15 PM	<b>Bells Bags &amp; Ropes (45 min.)</b>	Nick	Performance Center
12:15 PM	<b>Zumba/Zumba Toning (60 min.)</b>	Ramona	Klamath
2:00 PM	<b>Time for a NAP 2/5-4/29 only</b> <i>(drop in anytime between 2-3:15 pm)</i>	PHE Staff	Feather
▶ 3:30 PM	<b>KORU Meditation Workshop (60 min.)</b> <i>(from 2/5-3/25 only—see dates)</i>	Jason	Rubicon
3:30 PM	<b>Yoga w/ Intuitive Movement (60 min.)</b>	Cathy	Feather
▶ 4:30 PM	<b>EXPRESS: Core &amp; More (30 min.)</b>	Erica	Klamath
\$ 4:30 PM	<b>Kettlebell Training (45 min.)</b>	Sophia	Performance Center
5:15 PM	<b>Pop-Up Class—Strength &amp; Flow</b> <i>(February 12th only—60 min.)</i>	Sariah	Feather
5:30 PM	<b>Cycle (45 min.)</b>	Melissa	Rubicon
5:30 PM	<b>Total Body Workout (45 min.)</b>	Erica	Klamath
\$ 5:45 PM	<b>Glutes to the Max (45 min.)</b>	Stephanie	Performance Center
6:30 PM	<b>Kickbox Fit (45 min.)</b>	Stephanie	Klamath
6:30 PM	<b>Yoga (60 min.)</b>	April	Feather
★ 7:15 PM	<b>Self Defense (60 min.)</b> <i>(see next page for session dates)</i>	Vic	Rubicon

### THURSDAY

6:15 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie	Feather
9:15 AM	<b>Mindful Yoga (60 min.)</b>	Heather	Feather
▶ 10:30 AM	<b>EXPRESS: Guided Meditation (30 min.)</b>	Heather	Feather
\$ 11:00 AM	<b>Strength &amp; Sculpt (45 min.)</b>	Clarissa	Performance Center
▶ 11:30 AM	<b>Intro to Pilates (30 min.)</b>	Christie	Feather
12:15 PM	<b>Cycle Circuit (60 min.)</b>	Kendra	Rubicon
12:15 PM	<b>Mat Pilates (45 min.)</b>	Christie	Feather
2:00 PM	<b>Pop-Up Class—Tahiti Fitness</b> <i>(April 16th only—60 min.)</i>	Trinidad	Klamath
3:30 PM	<b>Power Yoga (60 min.)</b>	Erica	Feather
3:30 PM	<b>Country Cardio Dance (45 min.)</b>	Trinidad	Rubicon
4:30 PM	<b>Bootcamp (60 min.)</b>	Courtney	Klamath
▶ 4:30 PM	<b>EXPRESS: Core &amp; More (30 min.)</b>	Trinidad	Rubicon
▶ 4:45 PM	<b>Intro to Yoga (30 min.)</b>	Erica	Feather
▶ 5:15 PM	<b>Start Strong (30 min.)</b> <i>Private Faculty/Staff Class</i>	Stephanie	Rubicon
5:30 PM	<b>Yoga (60 min.)</b>	Erica	Feather
\$ 6:00 PM	<b>Cross Conditioning (45 min.)</b>	Stephanie	Performance Center
6:15 PM	<b>Zumba (60 min.)</b>	Courtney	Klamath

### FRIDAY

10:00 AM	<b>Total Body Workout (60 min.)</b>	Riva	Klamath
11:05 AM	<b>Barre-lates (45 min.)</b>	Dominique	Feather
▶ 12:15 PM	<b>EXPRESS: Cycle (30 min.)</b>	Dominique	Rubicon
12:15 PM	<b>Yoga (60 min.)</b>	Jewel	Feather
\$ 12:15 PM	<b>Bells, Bags &amp; Ropes (45 min.)</b>	Caleb	Performance Center
▶ 4:15 PM	<b>EXPRESS: Guided Meditation (30 min.)</b>	Aviv	Feather
▶ 4:45 PM	<b>EXPRESS: Cycle (30 min.)</b>	Melissa	Rubicon
5:00 PM	<b>Yoga (60 min.)</b>	Aviv	Feather
▶ 5:25 PM	<b>EXPRESS: Core &amp; More (30 min.)</b>	Melissa	Rubicon

#### NOTES:

No classes will be offered on **April 1st**. Look for schedule changes the week of **March 30**. 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)

# FREE GROUP FITNESS

# SPRING 20

JANUARY 21-MAY 10 SCHEDULE

## ▶ **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.

Monday/Tuesday/Thursday 5:15 PM (30 min.)

## ▶ **EXPRESS CLASSES** (30 MINUTES)

### **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.

### **GUIDED MEDITATION**

In this 30-minute class, the instructor will guide you through meditation or relaxed concentration with breath awareness to establish practice within the first foundation of mindfulness. Meditation can help relieve stress and anxiety, lower blood pressure, improve sleep and so much more!

### **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.

**\*PLEASE ARRIVE 5-10 MIN EARLY TO BE SET-UP ON THE BIKE.**

## ▶ **LEARN TO CLASSES**

### **INTRO TO PILATES & YOGA**

These 30-minute classes are 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.

**INTRO TO PILATES** THURSDAYS 11:30 AM (30 min.)  
**INTRO TO YOGA** THURSDAYS 4:45 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!

**WEDNESDAYS** Workshop 1—Feb 5 Workshop 3—Mar 4  
**3:30-4:30 PM** Workshop 2—Feb 19 Workshop 4—Mar 25

## ★ **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)**

**4-WEEK SESSIONS** Session I: Jan 27—Feb 19 (Mon & Wed)  
**SELF-DEFENSE** Session II: Mar 2—Mar 25 7:15-8:15 PM  
Session III: Apr 6—Apr 29

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

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

## CLASS DESCRIPTIONS

### ▶ **SMALL GROUP TRAINING**

#### **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.

#### **CROSS CONDITIONING**

Is a full body strength and conditioning workout that utilizes functional movements performed at a high intensity level. Get ready to work!

#### **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!

#### **STRENGTH & SCULPT**

Get back to the basics of foundational strength training by focusing on developing the squat, lunge, deadlift, press and row. This class will build your overall strength and stamina by utilizing equipment essentials and focusing on form and execution.

**\$ 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

#### 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-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.

##### POWER YOGA

Enjoy all the benefits of yoga, while upping the intensity factor with more powerful, purposeful movements, longer held poses or faster pace. All levels are welcome!

##### 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 essential to help 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 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.

#### CARDIO/STRENGTH

##### BOOTCAMP

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

##### COUNTRY CARDIO DANCE

Looking for a fun way to get fit? Step aside Zumba, there's a new dance in town. Join us for 45 min of cardio dance to get fit and have fun!

##### 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.

##### 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.

**\*PLEASE ARRIVE 5-10 MINS EARLY TO BE SET-UP ON THE BIKE.**

##### 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.

**\*PLEASE ARRIVE 5-10 MINS EARLY TO BE SET-UP ON THE BIKE.**

##### KICKBOX FIT

This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

##### 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 WORKOUT

Leave no muscle untouched! TBW 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.

##### ZUMBA®/ ZUMBA® TONING

Zumba is a high-energy dance aerobic workout to Latin/International rhythms. Zumba feels more like a dance party than a workout and leaves people feeling fit and happy! Combine this with Zumba Toning for a perfect workout. Zumba Toning puts extra emphasis on toning and sculpting to define those muscles!