

GROUP FITNESS

JANUARY 25-MAY 14 SCHEDULE

S16

UPDATED 2/12/16

MONDAY

● 6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather Studio
● 9:00 AM	Yoga (60 min.)	Bart	Feather Studio
● 11:15 AM	Pilates Plus (45 min.)	Dominique	Feather Studio
● 12:15 PM	Yoga for All (75 min.)	Dominique	Feather Studio
▲ 12:15 PM	Bells, Bags & Ropes (45 min.)	Mike	Performance Center
▲ 12:15 PM	HITT: High Intensity Treadmill Training (45 min.)	Claudine	Fitness Desk
■ 3:30 PM	Cycling in the Zones Plus (75 min.)	Cathie	Rubicon Studio
▲ 4:30 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
● 5:00 PM	Mat Pilates (45 min.)	Cathie	Feather Studio
▲ 5:30 PM	Boxing Basics (45 min.)	Juan	Performance Center
■ 6:15 PM	Zumba (60 min.)	Brittany	Klamath Studio
■ 6:00 PM	HITT: High Intensity Interval Training (45 min.)	Shawn	Rubicon Studio
● 7:00 PM	Yoga (60 min.)	Bart	Feather Studio

TUESDAY

■ 6:15 AM	CSI: Cardio & Strength Intervals (60 min.)	Bart	Rubicon Studio
▲ 11:00 AM	TRX Circuit (45 min.)	Shawn	Performance Center
● 12:15 PM	Mat Pilates (45 min.)	Christie	Feather Studio
■ 12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon Studio
● 3:30 PM	Acro Yoga (60 min.)	Sariah	Feather Studio
■ 4:30 PM	Bootcamp (60 min.)	Courtney	Klamath Studio
● 5:15 PM	Yoga (60 min.)	Heather	Feather Studio
■ 5:30 PM	Cardio Kickboxing (45 min.)	Barrett	Rubicon Studio
▲ 5:30 PM	Bells, Bags & Ropes (45 min.)	Shawn	Performance Center
■ 6:15 PM	Zumba (60 min.)	Alex	Klamath Studio
▲ 6:30 PM	ABS & Core (30 min.)	Shawn	Performance Center
★ 6:30 PM	Self Defense—You Fit (60 min.)	Vic	Feather Studio

WEDNESDAY

● 6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather Studio
● 9:00 AM	Yoga (60 min.)	Cathy	Feather Studio
● 11:15 AM	Mat Pilates (45 min.)	Dominique	Feather Studio
● 12:15 PM	Yoga for All (75 min.)	Dominique	Feather Studio
▲ 12:15 PM	Bells, Bags & Ropes (45 min.)	Mike	Performance Center
■ 12:15 PM	Fierce Funk (45 min.)	Dolly	Klamath Studio
▲ 12:15 PM	HITT: High Intensity Treadmill Training (45 min.)	Claudine	Fitness Desk
■ 3:30 PM	Cycling in the Zones Plus (75 min.)	Cathie	Rubicon Studio
▲ 4:30 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
● 5:00 PM	Mat Pilates (45 min.)	Cathie	Feather Studio
■ 5:15 PM	Cardio Hip Hop (45 min.)	Barrett	Klamath Studio
▲ 5:30 PM	Uppercut (45 min.)	Juan	Performance Center
■ 6:00 PM	Cycle Circuit (60 min.)	Charlie	Rubicon Studio
● 7:00 PM	Yoga (60 min.)	Bart	Feather Studio

THURSDAY

■ 6:15 AM	CSI: Cardio & Strength Intervals (60 min.)	Bart	Rubicon Studio
▲ 11:00 AM	TRX Circuit (45 min.)	Shawn	Performance Center
● 11:30 AM	*Intro to Pilates (30 min.)	Christie	Feather Studio
● 12:15 PM	Mat Pilates (45 min.)	Christie	Feather Studio
■ 12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon Studio
● 3:30 PM	Acro Yoga (60 min.)	Sariah	Feather Studio
■ 4:30 PM	Bootcamp (60 min.)	Courtney	Klamath Studio
● 4:30 PM	*Intro to Yoga (30 min.)	Heather	Feather Studio
● 5:15 PM	Yoga (60 min.)	Heather	Feather Studio
■ 5:30 PM	Body Shred (30 min.)	Christie	Rubicon Studio
▲ 5:30 PM	Bells, Bags & Ropes (45 min.)	Shawn	Performance Center
■ 6:15 PM	Body Shred (30 min.)	Christie	Rubicon Studio
■ 6:15 PM	Zumba (60 min.)	Alex	Klamath Studio
▲ 6:30 PM	ABS & Core (30 min.)	Shawn	Performance Center
★ 6:30 PM	Self Defense—You Fit (60 min.)	Vic	Feather Studio

*FREE class open to all WELL members. (January 28-February 18 only)

FRIDAY

■ 12:15 PM	Zumba (45 min.)	Dolly	Klamath Studio
● 12:15 PM	Yoga (60 min.)	Irene	Feather Studio
▲ 1:00 PM	TRX Circuit (45 min.)	Shawn	Fitness Desk
■ 3:30 PM	Cycling in the Zones (45 min.)	Cathie	Rubicon Studio
● 4:15 PM	Foam Roll & Release (30 min.)	Cathie	Rubicon Studio
▲ 4:30 PM	Bells Bags & Ropes (45 min.)	Courtney	Performance Center

SATURDAY

■ 9:45 AM	CSI: Cardio & Strength Intervals (60 min.)	Bart	Rubicon Studio
▲ 10:00 AM	Uppercut (45 min.)	Eric	Performance Center
● 10:45 AM	Yoga (60 min.)	Bart	Feather Studio

PRICING & COLOR/SHAPE KEY

ALL-ACCESS PASS: \$78
DUAL-ACCESS PASS: \$68

- **MIND/BODY PASS: \$48 OR \$3/CLASS**
- **CARDIO STRENGTH PASS: \$48 OR \$3/CLASS**
- ▲ **SMALL GROUP TRAINING PASS: \$48 OR \$6/CLASS**

★ SELF DEFENSE

These classes are progressive in nature and build on skills from week to week. Please visit our website for more information: www.thewell.csus.edu

6-week sessions	Self Defense	Feather Studio
Class Dates	Session I: Feb. 2-Mar. 10	ONLY \$10
(Tues & Thurs)	Session II: Mar. 29-May 5	Per Session
Class Times	6:30-7:30pm	

thewell
SAC STATE



No classes will be held on March 31st. Look for a modified schedule March 21st-26th. Class schedule is subject to change. Check website for updates: www.thewell.csus.edu

GROUP FITNESS

JANUARY 25-MAY 14 SCHEDULE

S16

UPDATED 2/12/16

CLASS DESCRIPTIONS

MIND/BODY

ACRO YOGA

Take your practice to new heights with this fun yoga class. This playful class is designed to stretch, strengthen and introduce you to practices in counterbalances, inversions and Acro Yoga. Acro Yoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts.

INTRO TO PILATES

This 30-minute class is offered from **Jan. 26-Feb. 16 only**. It is for those interested in learning what to expect in a Pilates class, proper terminology and technique, as well as how to get the most out of Pilates.

INTRO TO YOGA

This 30-minute class is offered from **Jan 28 - Feb 18 only**. It is designed for those interested in learning what to expect in a Yoga class, proper terminology and technique, as well as how to get the most out of Yoga.

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.

MAT PILATES

Mat Pilates 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.

PILATES PLUS

This class incorporates all the benefits of Mat Pilates, as well as incorporates movement from other formats such as Total Barre and Yoga.

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.

YOGA FOR ALL

Combining both Eastern and Western approaches to yoga, this class promotes synchrony of the heart, mind, and body. Learn how to deepen your personal practice with gentle breathing techniques and different ways to strengthen your core by engaging in alignment-focused postures. All levels are welcome.

SMALL GROUP TRAINING

ABS & CORE

A strong body comes from a strong core. Exercises in this class were developed to build a stable and functional core focused on strengthening the abdomen, low back, and hips. Ultimately this class will improve posture and provide a solid base for all fitness activities.

BELLS, BAGS AND 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 BASICS

You don't need to be a boxer to enjoy the benefits of a heavy bag workout! Beginning to intermediate students will learn the foundational strikes of Thai Boxing, their purpose, and their application in sport and self-defense.

HITT: HIGH INTENSITY TREADMILL TRAINING

Boost your calorie burn, increase endurance and overcome boredom and workout plateaus with this small group run on this non-motorized treadmill. The Curve Treadmill allows the user to accelerate and decelerate at his own desired pace, allowing for effective interval training. Couple this with intervals of strength and you have the perfect workout. Open to all levels.

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!

TRX CIRCUIT

TRX is suspension training in which gravity and the participants own body weight is used for resistance. Participants will rotate through various stations for an intense full body workout!

UPPERCUT

Participants from all fitness backgrounds will realize their inner athlete through this total body workout. You will follow your trainer through one to three minute fitness rounds designed to develop your body to meet the demands of combat sports: controlled explosiveness, agility, and balance. You decide how hard or light you hit this workout - either way, you are sure to have fun.

GROUP FITNESS

JANUARY 25-MAY 14 SCHEDULE

S16

UPDATED 2/12/16

CLASS DESCRIPTIONS

CARDIO / STRENGTH

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.

BODYSHRED™

JILLIAN MICHAELS BODYSHRED™ is a high intensity and endurance based 30 minute workout. Utilizing Jillian's 3-2-1 interval approach, this combo of strength, cardio, and core circuits will leave you tight, toned. Join us for 1 or 2 classes on Thursday evenings.

CARDIO HIP HOP

Get ready to WORK! Cardio Hip-hop combines the latest hip-hop and pop music with hi-energy dance moves. This sizzling dance fitness class will have you sweating in no time. No dance experience necessary!

CARDIO KICKBOXING

Cardio Kickboxing is a combination of intense kickboxing moves as well as dance moves choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down.

CSI: CARDIO & STRENGTH INTERVALS

CSI is a challenging workout which builds cardiovascular and muscular strength by rotate 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 cardio intervals on the bike and strength intervals using free weights, stability balls and more.

CYCLING IN THE ZONES PLUS

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 Cyclign in the Zones plus 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.

FIERCE FUNK

Fierce Funk combines a street style funk movement with a contemporary hip-hop feel, for an inspiring, fun and complete workout.

HIIT: CARDIO & STRENGTH

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 and off the bike, and strength intervals using a variety of equipment. HIIT = High Intensity Interval Training

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!

INSTRUCTIONAL CLASSES

SELF DEFENSE

This class is 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. **See the gold box on page 1 for pricing and other information.**