

SPRING 2020 GROUP FITNESS



thewell
SAC STATE

CALENDAR OF EVENTS



**GROUP FITNESS
CLASSES ARE
FREE!!**



POP-UP CLASSES

Strength & Flow

FEBRUARY 12 5:15-6:15 pm

Hula Hoop

MARCH 10 3:00-4:00 pm

Tahiti Fitness

APRIL 16 2:00-3:00 pm



Koru Meditation Workshops

WEDNESDAYS @ 3:30 PM

WORKSHOP 1: Feb 5

WORKSHOP 3: Mar 4

WORKSHOP 2: Feb 19

WORKSHOP 4: Mar 25

Self Defense

MONDAY/WEDNESDAY 7:15-8:15 PM

\$20/SESSION (4-WEEKS)

SESSION 1 Jan 27-Feb 19

SESSION 2 Mar 2-25

SESSION 3: Apr 6-29



SPECIAL EVENTS

Group Fit Club

EARN A SHIRT!

March 2-April 19

Yoga Night

Thursday, March 26

Zumba Beach Party

Tuesday, April 14

    @wellsacstate

FOR MORE INFORMATION, PLEASE VISIT: www.thewellatsacstate.com/fitness

DOWNLOAD THE FREE  MINDBODY® APP TO RESERVE YOUR SPOT TODAY!