

**FREE**

# FALL 2024 | AUG 26-DEC 15 GROUP FITNESS

## MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	HardCORE (45 min.)	CJ	Trinity
12:15 PM	Bells, Bags & Ropes (45 min.)	Naomi	PC
12:15 PM	Mat Pilates (45 min.)	Maria	Klamath
12:15 PM	Total Body Workout (45 min.)	Mario	Trinity
4:30 PM	Learn to Lift (30 min.)	Jenny D.	PC
5:15 PM	Self-Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Barre Blend (45 min.)	Melissa	Klamath
5:30 PM	Strength & Sculpt (45 min.)	Jenny D.	PC
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Bells, Bags & Ropes (45 min.)	Steven	PC
6:30 PM	Breathe and Flow Yoga (60 min.)	Maddie	Rubicon
6:30 PM	Express Cycle (Arrive 10 min early) (30 min.)	Melissa	Feather

## TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Trinity
9:15 AM	Yoga for You (60 min.)	Cassie	Klamath
11:45 AM	Mini Meditation Break (15 min.)	Heather	Klamath
12:15 PM	Express Cycle (Arrive 10 min early) (30 min.)	Reymundo	Feather
12:15 PM	Lower Body Lift (45 min.)	JD/Nick	PC
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
3:30 PM	Mindful Yoga (60 min.)	Cathy	Rubicon
4:30 PM	Mat Pilates (45 min.)	Kendra	Klamath
5:30 PM	Burpees, Bags & Jabs (45 min.)	Sam	PC
5:30 PM	Slow Flow & Yin Yoga (60 min.)	Lisa	Klamath
5:30 PM	Total Body Workout (45 min.)	Naomi	Rubicon
5:45 PM	Cycle 45 (Arrive 10 min early) (45 min.)	Jenny C.	Feather
6:15 PM	Zumba (60 min.)	Ari	Trinity
6:30 PM	Sports Skills & Drills (45 min.)	Kareem	Turf
6:30 PM	Yoga Flow (60 min.)	Chelsea	Rubicon

## WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Cycle Core (Arrive 10 min early) (60 min.)	Cathie	Feather
9:15 AM	Barre Blend (45 min.)	Melissa	Klamath
11:30 AM	Just Move! Strength Basics (60 min.)	Trinidad	Trinity
12:15 PM	Cycle Core (Arrive 10 min early) (60 min.)	Kendra	Feather
12:15 PM	Glutes to the Max (45 min.)	CJ	PC
12:15 PM	Mindful Yoga (60 min.)	Brittany	Klamath
12:15 PM	Total Body Workout (45 min.)	Trinidad	Trinity
4:30 PM	Core & More (45 min.)	Steven	Trinity
4:30 PM	Learn to Lift (30 min.)	Avery	PC
5:15 PM	Self-Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Bells, Bags & Ropes (45 min.)	Steven	PC
5:45 PM	Express Cycle: Latin Mix (Arrive 10 min early) (30 min.)	Reymundo	Feather
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Circuit Burn (60 min.)	Kay	PC
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Rubicon
7:15 PM	Zumba (60 min.)	Charlotte	Trinity

## THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Trinity
9:15 AM	Yoga for You (60 min.)	Cassie	Klamath
11:15 AM	Total Body Workout (45 min.)	Trinidad	Trinity
11:30 AM	Just Move: Yoga Basics (30 min.)	Heather	Klamath
12:15 PM	Cycle 45 (Arrive 10 min early) (45 min.)	Trinidad	Feather
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Upper Body Lift (45 min.)	JD/Nick	PC
3:30 PM	Mindful Yoga (60 min.)	Cathy	Rubicon
5:30 PM	Burpees, Bags & Jabs (45 min.)	Sam	PC
5:30 PM	Glutes, Core, & More (45 min.)	Avery	Klamath
6:15 PM	Zumba (60 min.)	Justin	Trinity
6:30 PM	Sports Skills & Drills (45 min.)	Kareem	Turf

## FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	Total Body Sculpt (45 min.)	Melissa	Rubicon
12:15 PM	Express Cycle (Arrive 10 min early) (30 min.)	Melissa	Feather
12:15 PM	Glutes to the Max (45 min.)	Avery	PC
12:15 PM	Mindful Yoga (60 min.)	Brittany	Klamath
4:30 PM	Burpees, Bags & Jabs (45 min.)	Sam	PC
5:30 PM	Mindful Yoga (60 min.)	Jennifer	Klamath

## SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10:15 AM	Slow Flow & Yin Yoga (60 min.)	Lisa	Truckee
11:30 AM	Express Cycle (Arrive 10 min early) (30 min.)	Melissa	Feather
12:00 PM	Soccer Skills & Drills (60 min.)	Kareem	MAC

## SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
4:45 PM	Vibe & Flow Yoga (60 min.)	Teresa	Trinity
5:00 PM	Circuit Burn (45 min.)	Kay	PC

### SELF DEFENSE—\$20 (4 WEEK SESSIONS)

**BEGINNER**  
SESSION I: SEPT 16-OCT 4  
MONDAYS & WEDNESDAYS | 5:15-6:15 PM

**INTERMEDIATE**  
SESSION II: OCT 14-NOV 6  
MONDAYS & WEDNESDAYS | 5:15-6:15 PM



Scan the QR code for more info on Self Defense Sessions  
Please visit our website for more information.  
[www.thewellsacstate.com](http://www.thewellsacstate.com)

### JUST MOVE CLASSES—NEW!

JUST STARTING OUT, COMING BACK FROM AN INJURY OR WANT TO JUST TRY OUT A NEW FORMAT? THESE CLASSES ARE FOR YOU!

FREE! | 30 MINUTE CLASSES

### SMALL GROUP TRAINING—8 PEOPLE OR LESS

FREE FOR SPRING 2024

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



SCAN THE QR CODE TO BOOK A GROUP FITNESS CLASS

Please check the MINDBODY App for any schedule changes.



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