

FREE

FALL 2025 | AUG 25-DEC 7 GROUP FITNESS

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Cycle 45 (45 min.) (Arrive 10 min early)	Jenny	Feather
11:15 AM	Full Body Burn (45 min.)	Chris	Rubicon
12:15 PM	Bells, Bags & Ropes (45 min.)	Angus	PC
12:15 PM	Express Cycle (30 min) (Arrive 10 min early)	Chris	Feather
12:15 PM	Yoga Sculpt (60 min.)	Alex	Klamath
2:00 PM	Barre Blend (45 min.)	Melissa	Klamath
4:30 PM	Pilates Foundations (60 min.)	Kendra	Trinity
4:30 PM	Learn to Lift (45 min.)	Amanda	PC
5:15 PM	Self-Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Glutes to the Max (45 min.)	Amanda	PC
6:15 PM	Full Body Burn (45 min.)	Chris	Trinity
6:30 PM	Soccer Skills & Drills (45 min.)	Muhammed	Turf
6:30 PM	Yoga Flow (60 min.)	Chelsea	Klamath

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Trinity
9:15 AM	Yoga for You (60 min.)	Cassie	Klamath
11:15 AM	Learn to Lift (45 min.)	Steven	PC
11:45 AM	Express Meditation (15 min.)	Alex	Klamath
12:15 PM	Full Body Burn (45 min.)	Steven	Trinity
12:15 PM	Slow Burn Yoga (60 min.)	Alex	Klamath
2:00 PM	Pilates Blend (60 min.)	Melissa	Trinity
3:30 PM	Mindful Yoga (60 min.)	Cathy	Rubicon
4:30 PM	Barre (45 min.)	Andee	Klamath
5:15 PM	Upper Body Build (45 min.)	Avery	Trinity
5:30 PM	Bells, Bags & Ropes (45 min.)	Jax	PC
5:30 PM	Mat Pilates (60 min.)	Giselle	Klamath
5:45 PM	Express Cycle - Latin Mix (30 min.) (Arrive 10 min early)	Reymundo	Feather
6:15 PM	Zumba (60 min.)	Justin	Trinity
6:30 PM	Lower Body Lift (45 min.)	Chris	PC
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Rubicon

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Cycle Core (60 min.) (Arrive 10 min early)	Cathie	Feather
11:15 AM	Cardio & Core (45 min.)	Angus	Trinity
12:15 PM	Barre (45 min.)	Andee	Klamath
12:15 PM	Bells, Bags & Ropes (45 min.)	Angus	PC
2:00 PM	Mat Pilates (60 min.)	Kendra	Trinity
4:30 PM	Cycle 45 (45 min.) (Arrive 10 min early)	Andee	Feather
4:45 PM	HardCORE (30 min.)	Amanda	Trinity
5:15 PM	Self-Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Glute Lab (45 min.)	James	PC
5:45 PM	Yoga for You (60 min.)	Cassie	Klamath
6:15 PM	Full Body Burn (45 min.)	Chris	Trinity
6:30 PM	Soccer Skills & Drills (45 min.)	Muhammed	Turf
6:30 PM	TRX Body Blast (45 min.)	Jax	PC

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Trinity
9:15 AM	Slow Flow Yoga (60 min.)	Cassie	Klamath
11:15 AM	Core & More (45 min.)	Trinidad	Trinity
12:15 PM	Full Body Burn (45 min.)	Trinidad	Trinity
12:15 PM	Slow Burn Yoga (60 min.)	Alex	Klamath
12:15 PM	TRX Body Blast (45 min.)	JD	PC
2:00 PM	Cardio Barre Fusion (45 min.)	Andee	Klamath
3:30 PM	Mindful Yoga (60 min.)	Cathy	Rubicon
5:15 PM	Glutes, Core, & More (45 min.)	Avery	Trinity
5:30 PM	Bells, Bags & Ropes (45 min.)	Jax	PC
5:30 PM	Mat Pilates (60 min.)	Giselle	Klamath
5:45 PM	Express Cycle - Latin Mix (30 min.)	Reymundo	Feather
6:15 PM	Zumba (60 min.)	Charlotte	Trinity
6:30 PM	Upper Body Lift (45 min.)	Avery	PC
6:30 PM	Vibe & Flow Yoga (60 min.)	Aaron	Rubicon

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10:15 AM	Full Body Burn (45 min.)	Andee	Trinity
11:15 AM	Cycle 45 (45 min.)	Jenny	Feather
12:00 PM	Lower Body Lift (45 min.)	Chris	PC
12:15 PM	Yoga Sculpt (60 min.)	Alex	Klamath
4:30 PM	Express Cycle (30 min.)	Melissa	Feather
5:15 PM	Barbell Burn (45 min.)	Avery	PC
5:30 PM	Mindful Yoga (60 min.)	Jennifer	Klamath

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10:30 AM	Slow Flow & Yin (60 min.)	Lisa	Trinity

SUNDAY

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

SELF DEFENSE—\$20 (4 WEEK SESSIONS)

BEGINNER
SESSION I: SEPT 15-OCT 8
MONDAYS & WEDNESDAYS | 5:15-6:15 PM

INTERMEDIATE
SESSION II: OCT 13-NOV 5
MONDAYS & WEDNESDAYS | 5:15-6:15 PM

These classes are progressive in nature and build on skills from week to week. Our certified expert instructor goes through progressions. Gain confidence to recognize potentially dangerous situations and how to respond.



Scan the QR code for more info on Self Defense Sessions
Please visit our website for more information.
www.thewellsacstate.com

LEARN TO LIFT—NEW!

LEARN THE FUNDAMENTALS AND BASIC TECHNIQUE OF STRENGTH EXERCISES TO FEEL MORE CONFIDENT TAKING OTHER STRENGTH BASED CLASSES AND LIFTING WEIGHTS SAFELY. FREE! | 45 MINUTE CLASSES

SMALL GROUP TRAINING—10 PEOPLE OR LESS

FREE FOR FALL 2025

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



SCAN THE QR CODE TO BOOK A GROUP FITNESS CLASS

Please check the MINDBODY App for any schedule changes.



@wellsacstate