

FREE

SUMMER 2022 VIRTUAL & OUTDOOR

GROUP FITNESS

MAY 16-AUGUST 21 SCHEDULE

MONDAY

| | | | |
|----------|---|----------|---------|
| 11:15 AM | Express Cycle (30 min.) (Arrive 10 min. early) | Trinidad | Feather |
| 12:15 PM | Yoga for You (60 min.) | Jenny | Rubicon |
| 12:15 PM | Glutes Core & More (45 min) | Trinidad | Trinity |
| 4:30 PM | Strength and Sculpt (45 min.) | Keefe | PC |
| 5:00 PM | Cycle (45 min.) (Arrive 10 min. early) | Hailey | Feather |
| 5:15 PM | Yoga Flow (60 min.) | Madeline | Rubicon |
| 5:30 PM | Total Body Sculpt (45 min.) | Megan | Trinity |

TUESDAY

| | | | |
|----------|--|----------|----------------|
| 9:00 AM | Mindful Yoga (60 min.) | Cassie | Rubicon |
| 9:00 AM | Cycle Core (60 min.) (Arrive 10 min. early) | Melissa | Feather |
| 9:00 AM | Total Body Workout (45 min.) Begins 6/21/22 | Erica | VIRTUAL |
| 10:00 AM | Yoga Blend (60 min.) Begins 6/21/22 | Erica | VIRTUAL |
| 12:15 PM | Total Body Mix (45 min.) | Hailey | Trinity |
| 12:15 PM | Cycle, Stretch, & Roll (60 min.) (Arrive 10 min. early) | Peyton | Feather |
| 4:15 PM | Yoga (60 min.) | Cathy | Rubicon |
| 4:30 PM | Express Cycle (30 min.) (Arrive 10 min. early) | Reymundo | Feather |
| 5:15 PM | Bells, Bags, and Ropes (45 min.) | Alexa | Turf |
| 6:15 PM | Zumba (60 min.) | Ari | Trinity |

WEDNESDAY

| | | | |
|----------|---|----------|----------------|
| 9:00 AM | Yin Yoga (60 min.) | Cassie | Rubicon |
| 10:30 AM | Express Meditation (30 min.) | Heather | VIRTUAL |
| 11:15 AM | Slow Flow Yoga (60 min) | Heather | VIRTUAL |
| 11:15 AM | Express Cycle (30 min.) (Arrive 10 min. early) | Trinidad | Feather |
| 12:15 PM | Cardio Core (45 min.) | Trinidad | Trinity |
| 12:15 PM | Yoga for You (60 min.) | Jenny | Rubicon |
| 4:15 PM | Glutes Core & More (45 min) | Clarissa | Trinity |
| 5:00 PM | Cycle Core (60 min.) (Arrive 10 min. early) | Hailey | Feather |
| 5:15 PM | Yoga Flow (60 min.) | Madeline | Rubicon |
| 5:30 PM | Total Body Sculpt (45 min.) | Megan | Trinity |

THURSDAY

| | | | |
|----------|--|----------|----------------|
| 9:00 AM | Yoga for You (60 min.) | Cassie | Rubicon |
| 9:00 AM | Cycle, Stretch, & Roll (60 min.) (Arrive 10 min. early) | Melissa | Feather |
| 9:00 AM | Total Body Workout (45 min.) Begins 6/23/22 | Erica | VIRTUAL |
| 10:00 AM | Yoga Blend (60 min.) Begins 6/23/22 | Erica | VIRTUAL |
| 12:15 PM | Total Body Mix (45 min.) | Trinidad | Trinity |
| 4:15 PM | Yoga (60 min.) | Cathy | Rubicon |
| 5:00 PM | Cycle, Stretch, & Roll (60 min.) (Arrive 10 min. early) | Peyton | Feather |
| 5:15 PM | Bells, Bags, and Ropes (45 min.) | Alexa | Turf |

FRIDAY

| | | | |
|----------|--|----------|----------------|
| 9:00 AM | Classic Yoga (60 min.) | Trinidad | VIRTUAL |
| 12:15 PM | Yoga for You (60 min.) | Cassie | Rubicon |
| 4:30 PM | Strength & Sculpt (45 min.) | Keefe | PC |
| 4:30 PM | Total Body/Core (60 min.) | Melissa | Trinity |

FOR VIRTUAL CLASSES

CHOOSE ONE OF THE FOLLOWING:

FROM THE APP
CLICK ON THE CLASS NAME



FROM THE WEBSITE
CLICK ON CLASS "DETAILS"

TheWELLatSacState.com

"BOOK" THE CLASS AND RECEIVE AN EMAIL
(NOTIFICATIONS MUST BE TURNED ON TO RECEIVE.)



SCAN THE QR CODE TO BOOK A
GROUP FITNESS CLASS