



# SPRING 2021 VIRTUAL & OUTDOOR GROUP FITNESS

## JANUARY 3-31 SCHEDULE

### MONDAY

12:15 PM	<b>Barre Fusion (45 min.)</b>	Ramona
4:45 PM	<b>EXPRESS Abs &amp; Core (30 min.)</b>	Trinidad
5:30 PM	<b>Classic Yoga (60 min.)</b>	Trinidad
6:30 PM	<b>OUTDOOR Strength &amp; Sculpt (45 min.)</b>	Sophia
6:45 PM	<b>Total Body Circuit (45 min.)</b>	Justin

### TUESDAY

6:30 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie
10:00 AM	<b>OUTDOOR Cycle Core (60 min.)</b>	Melissa
11:00 AM	<b>Modern Pilates (45 min.)</b>	Cathie
4:30 PM	<b>Total Body Mix (45 min.)</b>	Ramona
5:15 PM	<b>OUTDOOR Total Body Workout (45 min.)</b>	Erica
6:15 PM	<b>OUTDOOR Zumba (60 min.)</b>	Ari
6:45 PM	<b>EXPRESS Cardio Kick Box (35 min.)</b>	Stephanie
7:30 PM	<b>EXPRESS Cardio Kick Butt! (30 min.)</b>	Stephanie

### WEDNESDAY

7:30 AM	<b>Total Body Sculpt (45 min.)</b>	Justin
10:15 AM	<b>Mat Pilates (45 min.)</b>	Kendra
4:30 PM	<b>Barre Above (45 min.)</b>	Ramona
5:30 PM	<b>Restorative Yoga (60 min.)</b>	Trinidad
6:30 PM	<b>OUTDOOR Strength &amp; Sculpt (45 min.)</b>	Sophia

### THURSDAY

6:30 AM	<b>Sunrise Yoga (60 min.)</b>	Cathie
11:00 AM	<b>Modern Pilates (45 min.)</b>	Cathie
12:30 PM	<b>OUTDOOR Strength &amp; Sculpt (45 min.)</b>	Stephanie
5:00 PM	<b>Vinyasa Yoga (60 min.)</b>	Heather
5:15 PM	<b>OUTDOOR Total Body Workout (45 min.)</b>	Erica
6:15 PM	<b>Zumba/Zumba Toning (45 min.)</b>	Ramona
6:30 PM	<b>OUTDOOR Yoga Flow (45 min.)</b>	Erica
7:10 PM	<b>EXPRESS Core &amp; More (30 min.)</b>	Ramona

### FRIDAY

9:00 AM	<b>Mindful Yoga (60 min.)</b>	Heather
10:00 AM	<b>OUTDOOR Cycle Core (60 min.)</b>	Kendra
10:15 AM	<b>Glutes to the Max (45 min.)</b>	Stephanie

### SATURDAY

10:00 AM	<b>Zumba (45 min.)</b>	Ramona
10:45 AM	<b>Yoga Flow (60 min.)</b>	Heather
11:00 AM	<b>R.I.P.P.E.D. (60 min.)</b>	Ramona

### SUNDAY

6:00 PM	<b>Strength &amp; Fit Circuit (45 min.)</b>	Justin
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**FOR ZOOM DETAILS  
& FREE 2-HOUR PARKING**

**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.)

### POP-UP FITNESS CLASS: GREATEST HIITS

Join Cathie & Justin for fun ways to kick your workouts up a notch!  
**WEDNESDAY | JANUARY 20 | 6:45 pm-7:30 pm**  
Register on our website: [www.thewellsacstate.com](http://www.thewellsacstate.com) or on the MindBody app.

### HOLIDAY SCHEDULE

**JANUARY 18** Check The MindBody App for details.

