

FREE

SPRING 2024 | JAN 22-MAY 12 GROUP FITNESS

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:30 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Cathie	Feather
11:15 AM	Learn to Lift (30 min.)	Michael	PC
12:15 PM	Glutes to the Max (45 min.)	Michael	PC
12:15 PM	Cycle Core (60 min.)	Melissa	Feather
12:15 PM	Total Body Workout (45 min.)	CJ	Trinity
12:15 PM	Vinyasa Flow Yoga (60 min.)	Teresa	Klamath
4:45 PM	Just Move: Yoga Basics (30 min.)	Jenny	Rubicon
4:45 PM	Learn to Lift (30 min.)	Finn	PC
5:30 PM	Glutes to the Max (45 min.)	Finn	PC
5:30 PM	Vinyasa Flow Yoga (60 min.)	Jenny	Rubicon
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath

TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Truckee
9:15 AM	Yoga for YOU (60 min.)	Cassie	Klamath
11:15 AM	CSI Cardio & Strength Intervals (45 min.)	Emily	Trinity
11:45 AM	Mini Meditation Break (15 min.)	Heather	Klamath
12:15 PM	Bells, Bags, & Ropes (45 min.)	Kareem	PC
12:15 PM	Hip Hop Cardio (45 min.)	JD	Rubicon
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
3:30 PM	Lower Body Lift (45 min.)	Andee/Avery	PC
3:30 PM	Mindful Yoga (60 min.)	Cathy	Klamath
4:45 PM	Total Body Workout (45 min.)	Mario	Trinity
5:15 PM	Self Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Burpees, Bags, & Jabs (45 min.)	Sam	PC
5:30 PM	Slow Flow & Yin Yoga (60 min.)	Lisa	Klamath
5:45 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Hailey	Feather
6:15 PM	Zumba (60 min.)	Ari	Trinity
6:30 PM	Self Defense (See below for registration info.)	Vic	Rubicon

WEDNESDAY

6:15 AM	Sunrise Yoga & Yin (60 min.)	Lisa	Truckee
6:30 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Cathie	Feather
11:15 AM	Just Move: Cycle Basics (30 min.) (Arrive 10 min. early)	Trinidad	Feather
11:15 AM	Learn to Lift (30 min.)	Michael	PC
12:15 PM	Glutes to the Max (45 min.)	Michael	PC
12:15 PM	Cycle Core (60 min.) (Arrive 10 min. early)	Kendra	Feather
12:15 PM	Total Body Workout (45 min.)	Trinidad	Trinity
12:15 PM	Yoga & Yin (60 min.)	Heather	Klamath
3:30 PM	Barre Core (45 min.)	Melissa	Klamath
4:45 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
4:45 PM	Learn to Lift (30 min.)	Finn	PC
5:30 PM	Strength & Sculpt (45 min.)	Finn	PC
6:15 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath
7:15 PM	Zumba (60 min.)	Charlotte	Trinity

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:15 AM	Sunrise Yoga (60 min.)	Cathie	Truckee
9:15 AM	Yoga for YOU (60 min.)	Cassie	Klamath
11:30 AM	Just Move: Strength Basics (30 min.)	Trinidad	Trinity
11:45 AM	Mini Meditation Break (15 min.)	Heather	Klamath
12:15 PM	Bells, Bags, & Ropes (45 min.)	Kareem	PC
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Glutes, Core, & More (45 min.)	Trinidad	Trinity
1:45 PM	Upper Body Lift (45 min.)	JD/Roman	PC
3:30 PM	Abs & Core (30 min.)	CJ	Rubicon
3:30 PM	Mindful Yoga (60 min.)	Cathy	Klamath
4:45 PM	Total Body Workout (45 min.)	Mario	Trinity
5:15 PM	Self Defense (See below for registration info.)	Vic	Rubicon
5:30 PM	Burpees, Bags, & Jabs (45 min.)	Sam	PC
5:30 PM	Slow Burn Yoga (60 min.)	Teresa	Klamath
5:45 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Reymundo	Feather
6:15 PM	Zumba (60 min.)	Brittany	Trinity
6:30 PM	Self Defense (See below for registration info.)	Vic	Rubicon

FRIDAY

6:15 AM	Core & Restore (60 min.)	Janelle	Trinity
11:15 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Michael	Feather
11:30 AM	Just Move: Yoga Basics (30 min.)	Teresa	Klamath
12:15 PM	Core & More (45 min.)	Michael	Rubicon
12:15 PM	Glutes to the Max (45 min.)	Clarissa/Avery	PC
12:15 PM	Yoga for YOU (60 min.)	Teresa	Klamath
3:30 PM	Bells, Bags, & Ropes (45 min.)	Ernesto	PC
4:30 PM	Cycle Strength (60 min.) (Arrive 10 min. early)	Melissa	Feather
5:15 PM	Vinyasa Flow Yoga (60 min.)	Jennifer	Klamath

SATURDAY

10:00 AM	Vinyasa Flow Yoga (60 min.)	Jen	Truckee
12:00 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Reymundo	Feather

SUNDAY

4:45 PM	Vibe & Flow Yoga (60 min.)	Teresa	Truckee
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SELF DEFENSE—\$20 (4 WEEK SESSIONS)

BEGINNER
SESSION 1: FEB 13-MARCH 7
SESSION 2: APRIL 2-25
TUESDAYS & THURSDAYS | 5:15-6:15 PM

INTERMEDIATE
SESSION 3: APRIL 2-25
TUESDAYS & THURSDAYS | 6:30-7:30 PM



Scan the QR code for more info on Self Defense Sessions. Please visit our website for more information and to register.

www.thewellsacstate.com

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FREE FOR SPRING 2024

LED BY PERSONAL TRAINERS OR EXPERTS IN CLASS FORMAT

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Please check the MINDBODY App for any schedule changes.



SCAN THE QR CODE TO BOOK A GROUP FITNESS CLASS



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