

FREE

SUMMER 2021 VIRTUAL & OUTDOOR

GROUP FITNESS

JULY 5-AUGUST 6 SCHEDULE

MONDAY

12:15 PM	VIRTUAL Barre Blend (45 min.)	Kendra
12:15 PM	Glutes to the Max (45 min.)	Sammi
6:00 PM	Strength & Sculpt (45 min.)	Megan
6:45 PM	VIRTUAL Total Body Circuit (45 min.)	Justin

TUESDAY

7:30 AM	Sunrise Yoga (60 min.)	Cathie
9:00 AM	Cycle (45 min.)	Cathie
4:30 PM	VIRTUAL Barre Blend (45 min.)	Kendra
5:15 PM	Total Body Workout (45 min.)	Erica
5:30 PM	VIRTUAL Vinyasa Flow (60 min.)	Heather
6:15 PM	Zumba (60 min.)	Ari
6:30 PM	OUTDOOR TENT Yoga Flow (60 min.)	Erica
6:45 PM	VIRTUAL Cardio KickBOX & Butt! (45 min.)	Justin

WEDNESDAY

7:30 AM	VIRTUAL Total Body Sculpt (45 min.)	Justin
12:15 PM	Cardio & Core (45 min.)	Sammi
5:30 PM	VIRTUAL Total Body Mix (45 min.)	Justin
6:00 PM	Strength & Sculpt (45 min.)	Megan
6:30 PM	VIRTUAL Yoga (60 min.)	April

THURSDAY

7:30 AM	Sunrise Yoga (60 min.)	Cathie
9:00 AM	Cycle (45 min.)	Cathie
12:15 PM	Glutes to the Max (45 min.)	Sammi
5:00 PM	VIRTUAL Vinyasa Yoga (60 min.)	Heather
5:15 PM	Total Body Workout (45 min.)	Erica
6:30 PM	OUTDOOR TENT Yoga Flow (60 min.)	Erica

FRIDAY

10:00 AM	Cycle Core (60 min.)	Melissa
12:15 PM	Strength & Sculpt (45 min.)	Sammi

IMPORTANT NOTICE

AUGUST 6TH will be the last day of outdoor operations while virtual classes will continue. Please visit www.thewellsacsacstate.com or the MindBody app for schedule updates including when indoor classes will resume.



www.thewellsacsacstate.com @wellsacstate

For more information visit www.thewellsacsacstate.com/fitness

*All classes (unless otherwise specified) are currently held outdoors in the PSIII parking structure. Please check in for class inside The WELL first.

*The **OUTDOOR TENT** is located at the Northwest side of The WELL, near the old Peak Adventures.

*Please check the Mindbody App for any schedule changes.

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.)