



MONDAY			
11:15 AM	Bells, Bags & Ropes (45 min.)	Angus/JD	PC
12:15 PM	Glutes, Core & More (45 min.)	Avery	Trinity
12:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Andee	Feather
4:30 PM	Barre Blend (45 min.)	Melissa	Klamath
5:30 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
5:30 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:15 PM	Yoga Flow (60 min.)	Chelsea	Klamath

TUESDAY			
11:15 AM	Total Body Workout (45 min.)	Steven	Trinity
12:15 PM	Circuit Burn (45 min.)	Steven	PC
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
4:30 PM	Mat Pilates (60 min.)	Kendra	Klamath
4:30 PM	Learn to Lift (45 min.)	Muhammed/JD	PC
5:30 PM	Bells, Bags & Ropes (45 min.)	Amanda/JD	PC
6:15 PM	Zumba (60 min.)	Justin	Trinity
6:15 PM	Breathe & Flow Yoga (60 min.)	Maddie	Klamath

WEDNESDAY			
11:15 AM	Summer Total Body Burn (45 min.)	Naomi	Turf
12:15 PM	Bells, Bags & Ropes (45 min.)	Naomi	PC
12:15 PM	Cycle Core (60 min.) (Arrive 10 min. early)	Kendra	Feather
4:30 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Andee	Feather
5:30 PM	Yoga for You (60 min.)	Cassie	Klamath
5:30 PM	Total Body Sculpt (45 min.)	Megan	Trinity

THURSDAY			
11:15 AM	Glutes Lab (45 min.)	James/Clarissa	PC
12:15 PM	Cardio & Core (45 min.)	Andee	Trinity
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
4:30 PM	Barre (45 min.)	Andee	Klamath
5:30 PM	Express Cycle - Latin Mix (30 min.) (Arrive 10 min. early)	Reymundo	Feather
5:30 PM	Bells, Bags & Ropes (45 min.)	Trevor/JD	PC
6:15 PM	Zumba (60 min.)	Charlotte	Trinity

FRIDAY			
11:15 AM	Pilates Blend (60 min.)	Melissa	Klamath
12:30 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Melissa	Feather
5:30 PM	Mindful Yoga (60 min.)	Jenny A.	Klamath

SUNDAY			
5:00 PM	Circuit Burn (45 min.)	Steven	PC

SMALL GROUP TRAINING—8 PEOPLE OR LESS	
FREE FOR SUMMER 2025	
LED BY PERSONAL TRAINERS OR EXPERTS IN CLASS FORMAT	
REGISTER ON THE  MINDBODY. APP UP TO 24 HOURS BEFORE CLASS	

The WELL will be closed on May 26, June 19, and July 4
Please check the  MINDBODY. App for any schedule changes.



SCAN THE QR CODE TO BOOK
A GROUP FITNESS CLASS