

GROUP FITNESS SCHEDULE

MONDAY

12:15 PM	Yoga (60 min.)	Cathy	Feather
12:15 PM	Bells, Bags & Ropes (45 min.)	Michael	Performance Center
12:15 PM	Total Body Conditioning (60 min.)	Ramona	Klamath
5:30 PM	Yoga (60 min.)	Kate	Feather
6:00 PM	Total Body Conditioning (60 min.)	Alex	Klamath
7:10 PM	Foam Roll & Release (30 min)	Alex	Klamath

TUESDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
12:15 PM	Mat Pilates (45 min.)	Christie	Feather
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
4:30 PM	Bootcamp (60 min.)	Summer	Klamath
5:30 PM	Yoga (60 min.)	Kristie	Feather
6:00 PM	Zumba (45 min.)	Jasmine	Klamath

WEDNESDAY

6:15 AM	Cycle (45 min.)	Melissa	Rubicon
12:15 PM	Yoga (60 min.)	Cathy	Feather
12:15 PM	Bells, Bags, & Ropes (45 min.)	Michael	Performance Center
4:30 PM	Barre Fusion (45 min.)	Ramona	Klamath
5:30 PM	RIPPED (60 min.)	Ramona	Klamath
6:30 PM	Yoga (60 min.)	April	Feather
6:40 PM	Core & More (30 min.)	Ramona	Klamath

THURSDAY

6:15 AM	Sunrise Yoga (60 min.)	Cathie	Feather
12:15 PM	Mat Pilates (45 min.)	Christie	Feather
12:15 PM	Cycle Circuit (60 min.)	Kendra	Rubicon
12:15 PM	Kettlebell Training (45 min.)	Derrick	Performance Center
4:30 PM	Bootcamp (60 min.)	Courtney	Klamath
5:30 PM	Yoga (60 min.)	Jany	Feather
6:00 PM	Zumba Toning (60 min.)	Ramona	Klamath

FRIDAY

11:05 AM	Barre-lates (45 min.)	Dominique	Feather
12:15 PM	Cycling in the Zones (45 min.)	Dominique	Rubicon
12:15 PM	Yoga (60 min.)	Irene	Feather

NOTES

* Class schedule is subject to change. Check our website or Mind Body for updates:
www.thewellsacstate.com/fitness/group-fitness/class

* NO CLASSES will be offered between Dec 22-Jan 1.

FREE GROUP FITNESS CLASS DESCRIPTIONS

BARRE FUSION

This class is a fusion of cardio, strength, core work and flexibility training done with and without the barre. This intense workout is designed to tone, sculpt, and lengthen your muscles from head to toe.

BARRE-LATES

Get the best of both with this Pilates/Barre fusion class. This fusion class combines the dynamic, dance-inspired movements of barre with the lengthening, strengthening exercises of mat Pilates. If you are looking to strengthen your core, look no further!

BOOTCAMP

Looking for a booty kicking workout? Look no further! This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate workout.

CORE & MORE

Say goodbye to old-fashioned and boring sit-ups and crunches! This class offers a variety of exercises to functionally strengthen your core and back, while encouraging balance, strength, and coordination.

CYCLE

Come and join this cardiovascular adventure. Pedal through flat roads, rolling and steep hills and through valleys. Take your endurance training to a new level.

CYCLE CIRCUIT

This class is perfect for those who want a challenging workout which builds cardiovascular and muscular strength all in a one hour class. Participants will alternate through a variety of stations using indoor bikes, free weights, steps and stability balls.

CYCLING IN THE ZONES

The WELL is proud to offer this heart rate monitored group cycling class! Heart rate training allows you to improve your training program by matching your cycling intensity with the goals of a particular workout.

FOAM ROLL & RELEASE

Foam rolling is used to increase circulation, release "knots" or adhesions that form in muscles, and it is also used to help relax the nervous system. Simply by using your own body weight on the rollers, you can reduce pain and tension, and restore normal muscle length and balance.

MAT PILATES

(pih-lah-tees) teaches body awareness and good posture through easy, graceful movement. It improves flexibility, agility and economy of motion. It can even help alleviate back pain. Pilates develops a strong "core" or center of the body, integrating the trunk, pelvis and shoulder girdle. This class is appropriate for all levels.

R.I.P.P.E.D.

This fitness program is perfect for those who want a challenging workout. It is a high energy group exercise class, that combines an easy, yet effective cardiovascular routine, with weights and resistance for strength training. It is a fun class for all fitness levels that will help you reach the fitness results you are looking for.

R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet

TOTAL BODY CONDITIONING

Leave no muscle untouched! TBC is a challenging workout, which builds muscular strength and stamina by rotating through exercises and drills using a variety of equipment or none at all.

YOGA/SUNRISE YOGA

Yoga will develop inner and outer strength, increase stamina and flexibility and help you get centered through a blend of different yoga traditions. This class links body, breath and mind with focus on alignment and is appropriate to all fitness levels.

ZUMBA®

Zumba is a high-energy dance aerobic workout. This class fuses together Latin/International rhythms and easy to follow dance steps. Zumba feels more like a dance party than a workout and leaves people feeling fit and happy!

ZUMBA® TONING

Zumba Toning is a perfect workout or those who want to dance, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps focus on specific muscle groups, so you (and your muscles) stay engaged! Using light weights while doing Zumba enhance a sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

FREE SMALL GROUP FITNESS CLASSES

Small group classes are a hybrid between personal training and group classes. The small class size allows you to get more individual attention from the personal trainer while still experiencing the energy a group can bring!

BELLS, BAGS & ROPES

This class is set up to make you sweat! The class design is to use non-traditional exercise equipment such as kettlebells, sandbags, warrior ropes, TRX and more to strengthen functional movements.

KETTLEBELL TRAINING

This kettlebell focused class takes your training to the next level by incorporating strength, endurance, and power. Participants of all levels are welcome as we focus on technical work to refine kettlebell skills and include high intensity intervals to amp up the energy!

REGISTER FOR CLASSES ONLINE OR VIA THE  MINDBODY APP.
www.thewellsacstate.com/fitness/group-fitness/classes

Download the **FREE** app today to reserve your spot today.