



Group Fit

JoinTheEpic.com

April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05	06	07	08	09
6AM YOGA	6:30AM BARRE	6AM YOGA	6:30AM BARRE	6AM YOGA
8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP
5:15PM AQUA FIT w/Jodi	7PM EPIC PUMP w/ Coach Henry	5:15PM AQUA FIT w/ Jodi	6PM EPIC PUMP w/ Coach Henry	
7PM ZUMBA W/ Coach Henry				
12	13	14	15	16
6AM YOGA	6:30AM BARRE	6AM YOGA	6:30AM BARRE	6AM YOGA
8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP
5:15PM AQUA FIT	7PM EPIC PUMP	5:15PM AQUA FIT	7PM EPIC PUMP	7PM CYCLE
7PM CYCLE		7PM CYCLE		
19	20	21	22	23
6AM YOGA	6:30AM BARRE	6AM YOGA	6:30AM BARRE	6AM YOGA
8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP
5:15PM AQUA FIT	7PM EPIC PUMP		7PM EPIC PUMP	7PM CYCLE
7PM CYCLE				
26	27	28	29	30
6AM YOGA	6:30AM BARRE	6AM YOGA	CLOSED	CLOSED
8AM EPIC PUMP	8AM YOGA	8AM EPIC PUMP		
5:15PM AQUA FIT	7PM EPIC PUMP	5:15PM AQUA FIT		
7PM CYCLE		7PM CYCLE		

AQUA-FIT is a low-impact, total body workout in the water. It is designed to help strengthen your muscles and build cardio endurance while taking the pressure off your bones, joints, and muscles. Maximum number of participants per class is 8.

BARRE is a series of movements that strengthen the entire body and ensures that no muscle is overlooked. With a combination of functional strength, dance, Pilates and Yoga, we use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. Maximum number of participants per class is 12.

CYCLE is performed on the Spinner Chrono Power bikes and powered by SPiVI. Classes are set to motivational music and blend endurance, intervals, hill training and sprints for a fun but challenging experience. Maximum number of participants per class is 12.

EPIC PUMP is the ideal workout for anyone looking to get lean, toned and fit. We use light to moderate weights and lots of reps to give you a total body workout. Maximum number of participants per class is 12.

YOGA has been around for more than 5,000 years and it does more than just burn calories and tone muscles. It is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Maximum number of participants per class is 12.

*Schedule subject to change. Please visit jointheepic.com/group-fitness/ for the most current schedule. Epic Members only. First come, first serve. Ages 12+