



# Group Fit

JoinTheEpic.com

May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
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		
10	11	12	13	14
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		
17	18	19	20	21
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		
24	25	26	27	28
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		
31				
NO CLASSES				

**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/](http://jointheepic.com/group-fitness/) for the most current schedule. Epic Members only. First come, first serve. Ages 12+