



Group Fit

JoinTheEpic.com

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
				02
				9AM EPIC BARBELL 10:15AM CYCLE
04	05	06	07	09
8AM BREAK-THROUGH STRENGTH 10AM ZUMBA 5:15PM AQUA FIT 7PM CYCLE	8AM ZUMBA 7PM EPIC BARBELL	8AM BREAK-THROUGH STRENGTH 5:15PM AQUA FIT 7PM CYCLE	8AM YOGA 7PM EPIC BARBELL	9AM EPIC BARBELL 10:15AM CYCLE
11	12	13	14	16
10AM ZUMBA 5:15PM AQUA FIT 7PM CYCLE	8AM ZUMBA 7PM EPIC BARBELL	8AM BREAK-THROUGH STRENGTH 5:15PM AQUA FIT 7PM CYCLE	8AM YOGA 7PM EPIC BARBELL	9AM EPIC BARBELL 10:15AM CYCLE
18	19	20	21	23
8AM BREAK-THROUGH STRENGTH 5:15PM AQUA FIT 7PM CYCLE	8AM YOGA 7PM EPIC BARBELL	8AM BREAK-THROUGH STRENGTH 5:15PM AQUA FIT 7PM CYCLE	8AM YOGA 7PM EPIC BARBELL	9AM EPIC BARBELL 10:15AM CYCLE
25	26	27	28	30
NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	9AM EPIC BARBELL 10:15AM 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.

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.

EPIC BARBELL is the ideal workout for anyone looking to get lean, toned and fit. We use light to moderate weights (barbells and benches) and lots of reps to give you a total body workout.

BREAK-THROUGH STRENGTH is all about max effort while maintaining solid form. We target lower body strength on day1 and upper body on day 2. Hit all those muscles in just the right way to challenge you and get your heart pumping.

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.

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