



## NOVEMBER 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		SATURDAY	
01		02		03		04		06	
8AM ZUMBA w/ Sharon		8AM ZUMBA w/ Sharon		8AM BREAK- THROUGH STRENGTH		8AM YOGA		9AM EPIC BARBELL	
5:15PM AQUA FIT		7PM EPIC BARBELL		5:15PM AQUA FIT		7PM EPIC BARBELL		10:15AM CYCLE	
7PM CYCLE				7PM CYCLE					
08		09		10		11		13	
8AM ZUMBA w/ Sharon		8AM ZUMBA w/ Sharon		8AM BREAK- THROUGH STRENGTH		8AM YOGA		9AM EPIC BARBELL	
5:15PM AQUA FIT		7PM EPIC BARBELL		5:15PM AQUA FIT		7PM EPIC BARBELL		10:15AM CYCLE	
7PM CYCLE				7PM CYCLE					
15		16		17		18		20	
8AM ZUMBA w/ Sharon		8AM ZUMBA w/ Sharon		8AM BREAK- THROUGH STRENGTH		8AM YOGA		9AM EPIC BARBELL	
5:15PM AQUA FIT		7PM EPIC BARBELL		5:15PM AQUA FIT		7PM EPIC BARBELL		10:15AM CYCLE	
7PM CYCLE				7PM CYCLE					
22		23		24		25		27	
8AM ZUMBA w/ Sharon		8AM ZUMBA w/ Sharon		8AM BREAK- THROUGH STRENGTH		CLOSED		9AM EPIC BARBELL	
5:15PM AQUA FIT		NO EVENING CLASSES		NO EVENING CLASSES		NO CLASSES		10:15AM CYCLE	
7PM CYCLE									
29		30							
8AM ZUMBA w/ Sharon		8AM ZUMBA w/ Sharon							
5:15PM AQUA FIT		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.

**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 day 1 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/](http://jointheepic.com/group-fitness/) for the most current schedule. Epic Members only. First come, first serve. Ages 12+