



# Group Fit

JoinTheEpic.com

## DECEMBER 2021

| MONDAY                                    | TUESDAY                       | WEDNESDAY  | THURSDAY                               | SATURDAY                          |
|---|-------------------------------|--|--|-----------------------------------|
|   |                               | 01   | 02                                     | 04                                |
|   |                               | 9AM STRENGTH TRAIN<br>5:15PM AQUA FIT<br>7PM CYCLE | 9AM STRENGTH TRAIN<br>7PM EPIC BARBELL | 9AM EPIC BARBELL<br>10:15AM CYCLE |
|   | 06                            | 07   | 08                                     | 09                                |
| 8AM ZUMBA<br>5:15PM AQUA FIT<br>7PM CYCLE | 8AM ZUMBA<br>7PM EPIC BARBELL | 9AM STRENGTH TRAIN<br>5:15PM AQUA FIT<br>7PM CYCLE | 9AM STRENGTH TRAIN<br>7PM EPIC BARBELL | 9AM EPIC BARBELL<br>10:15AM CYCLE |
|   | 13                            | 14   | 15                                     | 16                                |
| 8AM ZUMBA<br>5:15PM AQUA FIT<br>7PM CYCLE | 8AM ZUMBA<br>7PM EPIC BARBELL | 9AM STRENGTH TRAIN<br>5:15PM AQUA FIT<br>7PM CYCLE | 9AM STRENGTH TRAIN<br>7PM EPIC BARBELL | 9AM EPIC BARBELL<br>10:15AM CYCLE |
|   | 20                            | 21   | 22                                     | 23                                |
| 8AM ZUMBA<br>5:15PM AQUA FIT<br>7PM CYCLE | 8AM ZUMBA<br>7PM EPIC BARBELL | 9AM STRENGTH TRAIN<br>5:15PM AQUA FIT<br>7PM CYCLE | 9AM STRENGTH TRAIN<br>7PM EPIC BARBELL | CLOSED<br>NO CLASSES              |
|   | 27                            | 28   | 29                                     | 30                                |
| 8AM ZUMBA<br>5:15PM AQUA FIT<br>7PM CYCLE | 8AM ZUMBA<br>7PM EPIC BARBELL | 9AM STRENGTH TRAIN<br>5:15PM AQUA FIT<br>7PM CYCLE | 9AM STRENGTH TRAIN<br>7PM EPIC BARBELL |                                   |

**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.

**STRENGTH TRAIN** is all about max effort while maintaining solid form. In this 30 min class, 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/](http://jointheepic.com/group-fitness/) for the most current schedule. Epic Members only. First come, first serve. Ages 12+