



# Group Fit

JoinTheEpic.com

## JANUARY 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		SATURDAY	
03		04		05		06		08	
8AM ZUMBA		8AM ZUMBA		9AM OULA		9AM OULA		9AM EPIC BARBELL	
NO EVENING CLASSES		7PM EPIC BARBELL		5:15PM AQUA FIT 7PM CYCLE		7PM ZUMBA			
10		11		12		13		15	
8AM ZUMBA		8AM ZUMBA		9AM OULA		9AM OULA		9AM EPIC BARBELL	
5:15PM AQUA FIT 7PM CYCLE		7PM EPIC BARBELL		5:15PM AQUA FIT 7PM CYCLE		7PM ZUMBA			
17		18		19		20		22	
8AM ZUMBA		8AM ZUMBA		9AM OULA		9AM OULA		9AM EPIC BARBELL	
5:15PM AQUA FIT 7PM CYCLE		7PM EPIC BARBELL		5:15PM AQUA FIT 7PM CYCLE		7PM ZUMBA			
24		25		26		27		29	
8AM ZUMBA		8AM ZUMBA		9AM OULA		9AM OULA		9AM EPIC BARBELL	
5:15PM AQUA FIT 7PM CYCLE		7PM EPIC BARBELL		5:15PM AQUA FIT 7PM CYCLE		7PM ZUMBA			
31									
8AM ZUMBA									
5:15PM AQUA FIT									
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.

**OULA** merges high-intensity cardio with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity — all to an energetic pop soundtrack. Every Oula class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

**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+