



JANUARY 2024

MON	TUES	WED	THURS	FRI
1 CLOSED NO CLASSES	2 8:30AM HIIT CIRCUIT 9:30AM FULL BODY BLAST 6PM YOGA BY CANDLELIGHT 7PM HIIT	3 9:30AM MAT CORE PILATES 11:00AM HIIT HUSTLE 6:30PM CYCLE -45 7:30PM GLUTE-CORE FUSION	4 8:30AM HIIT CIRCUIT 9:30AM FULL BODY BLAST 6PM YOGA BY CANLELIGHT 7PM ZUMBA	5 9:30AM YIN YANG YOGA (90 MINUTES)
8 9:30AM YOGA 11:00AM HIIT HUSTLE 5:30PM DANCE STEP 6:30PM CYCLE -45	9 8:30AM HIIT CIRCUIT 9:30AM FULL BODY BLAST 6PM YOGA BY CANDLELIGHT 7PM HIIT	10 9:30AM MAT CORE PILATES 11:00AM HIIT HUSTLE 6:30PM CYCLE -45 7:30PM GLUTE-CORE FUSION	11 8:30AM HIIT CIRCUIT 9:30AM FULL BODY BLAST 6PM YOGA BY CANLELIGHT 7PM ZUMBA	12 9:30AM YIN YANG YOGA (90 MINUTES)
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CYCLE-45 Experience the benefits of outdoor cycling inside The Epic, come rain or shine! Together, we will sweat through hill climbs, flat terrain, sprints, and anaerobic intervals as a curated soundtrack keeps us motivated for 45 minutes!

DANCE STEP A fun, wildly addictive dance fitness class with great music. Crush calories during this power hour whilst dancing to your favorite songs!

FULL BODY BLAST Get your body going and your muscles awakened! Suitable for all levels, you can expect to work on building lean muscle and increasing overall strength. With dynamic stretches, endurance, and strength workouts, leave feeling stronger and more confident in your fitness abilities.

GLUTE-CORE FUSION Get ready to feel the burn! This class will target sculpting glutes and strengthening abs and core using weights, kettlebells, or other equipment. All fitness levels welcome!

HIIT Focuses on building strength, explosive power, and cardio. Get strong, build power, and torch calories!

HIIT CIRCUIT Rev up your workout routine with 45 minutes of high-intensity intervals that will keep you moving and motivated. This class includes diverse equipment stations for every level to make you sweat and push your limits while having a blast!

HIIT HUSTLE High-intensity interval training session designed to make you sweat, burn calories, and sculpt your physique with the power of body weight, dumbbells, or equipment. Whether you're a beginner or a seasoned fitness enthusiast, this class is tailored to suit all levels.

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.

MAT CORE PILATES is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders.

YIN YANG YOGA blends two styles of yoga into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

ZUMBA® The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective and best of all? Made for everyone!