



GroupFit

JoinTheEpic.com

DECEMBER 2024

MON	TUES	WED	THURS	FRI
2 8:30AM YOGA 9:30AM KB MOBILITY 11AM HIIT STRENGTH 6PM ZUMBA	3 6:15AM YOGA 8:30AM ZUMBA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 6PM CANDLELIGHT YOGA 7PM HIIT	4 8:30AM YOGA 11AM HIIT STRENGTH 6PM ZUMBA	5 6:15AM YOGA 8:30AM ZUMBA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 6PM CANDLELIGHT YOGA 7PM HIIT	6 8:30AM MAT CORE PILATES 9:30AM KB MOBILITY 5:30PM ZUMBA
9 8:30AM YOGA 9:30AM KB MOBILITY 11AM HIIT STRENGTH 6PM ZUMBA	10 6:15AM YOGA 8:30AM ZUMBA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 6PM CANDLELIGHT YOGA 7PM HIIT	11 8:30AM YOGA 11AM HIIT STRENGTH 6PM ZUMBA	12 6:15AM YOGA 8:30AM ZUMBA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 6PM CANDLELIGHT YOGA 7PM HIIT	13 8:30AM MAT CORE PILATES 9:30AM KB MOBILITY 5:30PM ZUMBA
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KB Mobility This kettlebell class is designed to achieve optimum range of motion in the joints, leading to smoother performance of daily activities and overall body coordination and stability. Accessible for beginners and advanced athletes alike. (Maggie)

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

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!(Veronica)

HIIT CYCLE This 45-minute class focuses on sprints for cardiovascular training and steep climbs, training for lower body strength, incorporating great music & lots of energy to help you make the most out of your workout. (Veronica)

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

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. NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Lisa)

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. NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Lisa)

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! (Stephanny)

*Schedule subject to change. Please visit jointheepic.com/group-fitness/ for the most up to date schedule. Epic Members only. Space/equipment may be limited. First come, first serve. Ages 12+