



# GroupFit

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## MARCH 2025

MON	TUES	WED	THURS	FRI
3 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA	4 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	5 9AM MAT CORE PILATES 11AM STRENGTH 7:30PM ZUMBA	6 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	7 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA
10 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA	11 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	12 9AM MAT CORE PILATES 11AM STRENGTH 7:30PM ZUMBA	13 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	14 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA
17 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA	18 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	19 9AM MAT CORE PILATES 11AM STRENGTH 7:30PM ZUMBA	20 6:15AM CANDLELIGHT YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	21 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA
24 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA	25 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	26 9AM MAT CORE PILATES 11AM STRENGTH 7:30PM ZUMBA	27 6:15AM VARIETY YOGA 9:30AM HIIT CIRCUIT 10:30 AM HIIT CYCLE 4:30 PM CHAIR PILATES 6PM VARIETY YOGA 7PM HIIT	28 9AM VARIETY YOGA 10AM KB MOBILITY 11AM STRENGTH 7:30PM ZUMBA
31 CLOSED				

**CANDLELIGHT YOGA** Yoga in a dark, candle-lit setting that will explore various styles of Yoga, including Yin, Slow-Flow, and Embodiment. Various asanas are designed to help practitioners achieve balance, flexibility, and relaxation. All levels welcome! NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Lisa)

**CHAIR PILATES** Learn how this low-impact, full-body workout targets various muscle groups through a combination of pilates exercises and chair exercises. Designed to improve posture, flexibility, core strength, and balance. NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Lisa)

**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)

**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)

**VARIETY YOGA** Incorporates various types of asanas, such as standing poses, forward bends, backbends, twists, balancing poses, inversions, hip-opening poses, core-strengthening poses, chest-opening poses, side-bending poses, and meditation poses to provide a comprehensive workout for the body and mind. All levels welcome! NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Lisa)

**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)

**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/](http://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+