



Group Fitness

September 1-December 31, 2020

Mon./Wed./Fri.



5:15am: **Fusion**
8:00am: **Joint Works**
9:00am: **EPHIT**
9:00am: **Ripped**
9:15am: **Joint Works**
10:30am: **Joint Works**

Tues./Thurs.



10:00am: **Joint Works**

Sat.



8:30am: **Run Club**

FUSION

EPHIT

RIPPED

A mix of EPHIT and Cycle Fit. 30 min of each.

This HIIT class involves various workouts that are similar to "crossfit" style WODs (Workout of the Day).

RIPPED is a 60-minute barbell program for able-bodied men and women of all ages and all fitness levels.

This class is specially designed for the individual with health concerns (Arthritis, Fibromyalgia, Replacements, etc). Exercises are performed in our warm water lap pool and class is taught by instructors certified through the Arthritis Foundation.

HOURS:

POOL CLOSES 15MIN BEFORE CLOSE

MONDAY-THURSDAY: 5:00am-6:00pm

FRIDAY: 5:00am-4:30pm

SATURDAY: 8:00am-12:00pm

SUNDAY: CLOSED

