



Group Fitness

Mon./Wed./Fri.



FUSION: 5:15am

EPHIT: 9:00am

RIPPED: 9:15am

Tues./Thurs.



EPHIT: 5:30pm

Sat.



Cycle Fit: 9:00am

EPHIT	This 60-minute high-intensity CrossFit style class challenges participants with constant variety in every workout. Class can be modified for all participants.
Cycle Fit	Cycle Fit is a 45-minute low impact cardio-based class on a stationary bike. All levels are welcome.
FUSION	Fusion is a 45-minute class that combines targeted strength training and cardio based exercises. Recommended for all fitness levels.
RIPPED	This is a 60-minute barbell program for all ages and fitness levels. Matching movement to music this class targets all major muscle groups using traditional strength training moves.

HOURS

Beginning January 10th, 2022

Monday/Wednesday 5:00am-7:00pm

Tuesday/Thursday 7:30am-7:00pm

Friday 5:00am-5:30pm

Saturday 7:00am-12:00pm

Sunday CLOSED