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JULY 2026

GroupFit

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		7AM VARIETY YOGA	7AM MAT PILATES	CLOSED
		9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	
		8AM AQUAFIT	9AM DANCEFIT	
		9AM AQUA MOBILITY	10AM MAT PILATES	
		10AM AQUAFIT	5:30PM CURVES & CORE	
		10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	
		6PM AQUAPOWER		
6	7	8	9	10
7AM VARIETY YOGA	7AM MAT PILATES	7AM VARIETY YOGA	7AM MAT PILATES	7AM YIN YOGA
9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	8AM AQUAFIT
8AM AQUAFIT	9AM DANCEFIT	8AM AQUAFIT	9AM DANCEFIT	9AM AQUA MOBILITY
9AM AQUA MOBILITY	10AM MAT PILATES	9AM AQUA MOBILITY	10AM MAT PILATES	10AM AQUAFIT
10AM AQUAFIT	5:30PM CURVES & CORE	10AM AQUAFIT	5:30PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	6:30PM ZUMBA	10AM VARIETY YOGA	6:30PM ZUMBA	5PM AQUA JAM
6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY
13	14	15	16	17
7AM VARIETY YOGA	7AM MAT PILATES	7AM VARIETY YOGA	7AM MAT PILATES	7AM YIN YOGA
9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	8AM AQUAFIT
8AM AQUAFIT	9AM DANCEFIT	8AM AQUAFIT	9AM DANCEFIT	9AM AQUA MOBILITY
9AM AQUA MOBILITY	10AM MAT PILATES	9AM AQUA MOBILITY	10AM MAT PILATES	10AM AQUAFIT
10AM AQUAFIT	5:30PM CURVES & CORE	10AM AQUAFIT	5:30PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	6:30PM ZUMBA	10AM VARIETY YOGA	6:30PM ZUMBA	5PM AQUA JAM
6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY
20	21	22	23	24
7AM VARIETY YOGA	7AM MAT PILATES	7AM VARIETY YOGA	7AM MAT PILATES	7AM YIN YOGA
9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	8AM AQUAFIT
8AM AQUAFIT	9AM DANCEFIT	8AM AQUAFIT	9AM DANCEFIT	9AM AQUA MOBILITY
9AM AQUA MOBILITY	10AM MAT PILATES	9AM AQUA MOBILITY	10AM MAT PILATES	10AM AQUAFIT
10AM AQUAFIT	5:30PM CURVES & CORE	10AM AQUAFIT	5:30PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	6:30PM ZUMBA	10AM VARIETY YOGA	6:30PM ZUMBA	5PM AQUA JAM
6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY
27	28	29	30	31
7AM VARIETY YOGA	7AM MAT PILATES	7AM VARIETY YOGA	7AM MAT PILATES	7AM YIN YOGA
9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	8AM AQUAFIT
8AM AQUAFIT	9AM DANCEFIT	8AM AQUAFIT	9AM DANCEFIT	9AM AQUA MOBILITY
9AM AQUA MOBILITY	10AM MAT PILATES	9AM AQUA MOBILITY	10AM MAT PILATES	10AM AQUAFIT
10AM AQUAFIT	5:30PM CURVES & CORE	10AM AQUAFIT	5:30PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	6:30PM ZUMBA	10AM VARIETY YOGA	6:30PM ZUMBA	5PM AQUA JAM
6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM AQUAPOWER	7:30PM CANDLELIGHT YOGA	6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY

CLASS RULES: All participants must be 12 years of age and up. No one under the age of 12 will be admitted to class; please utilize our Child Watch programs for all children under the age of 12. Max capacity of each class will be determined by class structure and enforced by the instructor. Please show up to class early to guarantee a spot. Photography of any kind is NOT allowed EXCEPT for use in marketing by Epic employees and instructors.

CLASS LOCATION KEY:

YOGA STUDIO

CYCLE STUDIO

POOL

CLASS DESCRIPTIONS

AQUAFIT combines cardiovascular and strength training in the pool. It's a full-body, low-impact workout that's gentle on the joints. (Virginia)

AQUA MOBILITY is a low-impact, specialized class that takes advantage of water buoyancy to gently focus on mobility, joint lubrication, and restoring natural, functional movement patterns. (Maggie)

AQUAPOWER is a high-intensity water class that combines cardio and strength training utilizing water resistance to provide a low-impact, full-body workout to improve cardio endurance, muscle strength, and overall fitness. Suitable for various fitness levels. (Claudia)

AQUA JAM is a fun, music-powered water workout that combines cardio, strength, and dance moves in a low-impact, splash-happy class. No swimming needed--just move, groove, and make waves! (Kaitlin)

CANDLELIGHT YOGA is a Variety Yoga class offered during winter months in a soft, candlelit setting. NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Emily)

CYCLE incorporates sprints and steep climbs set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning. (Coach Henry)

CURVES & CORE is a 45-minute lower body and core sculpt class designed to help you build strength, stability, balance, and muscle tone. Focusing on glutes, legs and core using controlled movements, participants will move through a warm-up, lower body and core circuits, and a cool down. (Natalie)

CYCLE PARTY is a rhythm-based indoor cycling class that blends powerful cardio with heart-pumping music to keep you motivated from start to finish. Feel the beat, fuel the ride! (Jenny)

DANCE FIT is an energetic, fun and exciting way to jumpstart your day. With powerful choreography and solid form participants won't notice it's a workout. Small dumbbells may be used to raise the bar--or the roof! Prepare to sweat, salsa and squat. (Coach Henry)

GENTLE YOGA is a slower and gentler practice of yoga that allows individuals to move at a comfortable pace and creates less strain on the muscles and joints. NO ADMITTANCE 10 MINUTES AFTER CLASS BEGINS. (Latora)

LINE DANCING is a beginner-friendly class led by Lady J who will introduce you, step-by-step, to the hottest new dances and incorporate throwback favorites to keep you on your toes. (Juliet)

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

YIN YOGA helps you stretch and use those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. Each pose is held for 3-5 minutes per side. (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! (Isabel) CLASS CAPS AT 15

