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WE ENERGIZE.
JUNE 2026

GroupFit

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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	6PM CURVES & CORE	10AM AQUAFIT	6PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	5PM AQUA JAM
6PM AQUAPOWER		6PM AQUAPOWER		6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY
8	9	10	11	13
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	6PM CURVES & CORE	10AM AQUAFIT	6PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	5PM AQUA JAM
6PM AQUAPOWER		6PM AQUAPOWER		6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY
15	16	17	18	19
7AM VARIETY YOGA	7AM MAT PILATES	7AM VARIETY YOGA	7AM MAT PILATES	CLOSED
9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY	
8AM AQUAFIT	9AM DANCEFIT	8AM AQUAFIT	9AM DANCEFIT	
9AM AQUA MOBILITY	10AM MAT PILATES	9AM AQUA MOBILITY	10AM MAT PILATES	
10AM AQUAFIT	6PM CURVES & CORE	10AM AQUAFIT	6PM CURVES & CORE	
10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	
6PM AQUAPOWER		6PM AQUAPOWER		
6:30PM LINE DANCING				
22	23	24	25	26
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	6PM CURVES & CORE	10AM AQUAFIT	6PM CURVES & CORE	10AM YIN YOGA
10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA	5PM AQUA JAM
6PM AQUAPOWER		6PM AQUAPOWER		6PM GENTLE YOGA
6:30PM LINE DANCING				7PM CYCLE w/ COACH HENRY
29	30			
7AM VARIETY YOGA	7AM MAT PILATES			
9AM CYCLE PARTY w/ JENNY	8AM CYCLE PARTY w/ JENNY			
8AM AQUAFIT	9AM DANCEFIT			
9AM AQUA MOBILITY	10AM MAT PILATES			
10AM AQUAFIT	6PM CURVES & CORE			
10AM VARIETY YOGA	7:30PM CANDLELIGHT YOGA			
6PM AQUAPOWER				
6:30PM LINE DANCING				

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)

