



## GROUP FITNESS SCHEDULE

### Hours of Operation:

*Monday, Wednesday 6am-7:30pm • Tuesday, Thursday 6am- 7pm*

*Friday 6am- 5pm • Saturday 6am-12pm*

**METABOLIC** – At Epic Fitness, you don't see rows of cardio equipment like you do at most gyms. We use a much more effective and fun way to do "cardio". Our Metabolic group sessions are our version of a cardio workout! They burn calories, get your metabolism revving, and give you the cardiovascular benefits you are looking for. In the research, interval cardio training has been the most effective for fat loss. We've taken it up a notch and incorporated exercises in multiple planes of motion using all kinds of equipment such as TRXs, kettlebells, ropes, sandbags, medicine balls, Assault bikes, and more into an interval-style workout. You'll have a blast torching that fat!

| TIME   | MONDAY    | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY    | SATURDAY  |
|--------|-----------|---------|-----------|-----------|-----------|-----------|
| 6:00AM | -         | -       | -         | Metabolic | -         | -         |
| 7:00AM | -         | -       | Metabolic | -         | Metabolic | -         |
| 9:30AM | -         | -       | -         | -         | -         | Metabolic |
| 5:30PM | Metabolic | -       | -         | -         | Yoga      | -         |

# Personal Training that Upgrades Lives!