



Winter 2019 Group Fitness Schedule

Jan. 7, 2019 - Apr. 7, 2019

LAND • AQUA • CYCLE • YOGA

MONDAY

5:30 a.m. - 6:00 a.m.	Sprint	Cycle Studio
9:00 a.m. - 9:45 a.m.	Zumba	Assembly Room
9:00 a.m. - 9:30 a.m.	CX Worx	Aerobics Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Cycle Studio
9:00 a.m. - 10:00 a.m.	H2O Boot Camp	Pool
9:40 a.m. - 10:25 a.m.	BodyCombat (45 min.)	Aerobics Room
10:00 a.m. - 11:00 a.m.	Hatha Yoga	Assembly Room
2:00 p.m. - 3:00 p.m.	Dance Gold	Aerobics Room
5:30 p.m. - 6:15 p.m.	Zumba	Assembly Room
5:30 p.m. - 6:30 p.m.	Tighten N Tone	Aerobics Room
5:45 p.m. - 6:30 p.m.	Group Cycling	Cycle Studio
6:30 p.m. - 7:30 p.m.	Hatha Yoga	Assembly Room #3
6:40 p.m. - 7:25 p.m.	Pound	Aerobics Room
7:00 p.m. - 7:30 p.m.	Sprint	Cycle Studio
7:15 p.m. - 8:15 p.m.	Deep Water	Pool

TUESDAY

5:30 a.m. - 6:30 a.m.	BodyPump	Aerobics Room
9:00 a.m. - 9:45 a.m.	Pound	Assembly Room
9:00 a.m. - 10:00 a.m.	Aqua Cardio	Pool
9:40 a.m. - 10:40 a.m.	BodyPump	Aerobics Room
10:30 a.m. - 11:30 a.m.	Gentle Yoga	Assembly Room
5:30 p.m. - 6:25 p.m.	BodyCombat	Aerobics Room
5:30 p.m. - 6:30 p.m.	Yoga Ride	Cycle Studio
7:20 p.m. - 8:05 p.m.	Aqua Zumba	Pool
6:30 p.m. - 7:30 p.m.	Pilates	Aerobics Room
7:40 p.m. - 8:40 p.m.	BodyPump	Aerobics Room

WEDNESDAY

5:30 a.m. - 6:15 a.m.	Group Cycling	Cycle Studio
9:00 a.m. - 9:30 a.m.	CX Worx	Aerobics Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Cycle Studio
9:00 a.m. - 10:00 a.m.	Deep Water	Pool
9:40 a.m. - 10:40 a.m.	Cardio/Tone	Aerobics Room
5:30 p.m. - 6:15 p.m.	Zumba	Assembly Room
5:30 p.m. - 6:30 p.m.	Cardio/Tone	Aerobics Room
5:45 p.m. - 6:30 p.m.	Group Cycling	Cycle Studio
6:30 p.m. - 7:30 p.m.	Hatha Yoga	Assembly Room #3
6:40 p.m. - 7:10 p.m.	CX Worx	Aerobics Room
7:15 p.m. - 8:15 p.m.	Deep Water	Pool
7:15 p.m. - 8:00 p.m.	Pound	Aerobics Room

THURSDAY

5:30 a.m. - 6:30 a.m.	BodyPump	Aerobics Room
9:00 a.m. - 10:00 a.m.	Tabata H2O Style	Pool
9:00 a.m. - 9:45 a.m.	Pound	Assembly Room
9:40 a.m. - 10:40 a.m.	BodyPump	Aerobics Room
10:30 a.m. - 11:30 a.m.	Gentle Yoga	Assembly Room
5:30 p.m. - 6:15 p.m.	XTRAIN Low HIIT	Aerobics Room
5:30 p.m. - 6:30 p.m.	Yoga Ride	Cycle Studio
6:30 p.m. - 7:30 p.m.	Box N Burn	Aerobics Room
7:00 p.m. - 7:30 p.m.	Sprint	Cycle Studio
7:20 p.m. - 8:05 p.m.	Aqua Zumba	Pool
7:40 p.m. - 8:40 p.m.	BodyPump	Aerobics Room

FRIDAY

5:30 a.m. - 6:30 a.m.	Cycle/Sculpt	Cycle Studio
9:00 a.m. - 10:00am	H2O Circuit Combo	Pool
9:00 a.m. - 9:55 a.m.	BodyCombat	Assembly Room
10:00 a.m. - 11:00 a.m.	BodyPump	Aerobics Room

SATURDAY

7:45 a.m. - 8:30 a.m.	Pound	Aerobics Room
8:15 a.m. - 9:15 a.m.	Cycle/Sculpt	Cycle Studio
8:15 a.m. - 9:15 a.m.	Deep Water	Pool
8:40 a.m. - 9:10 a.m.	XTRAIN Low HIIT	Aerobics Room
9:15 a.m. - 10:15 a.m.	BodyPump	Aerobics Room
9:30 a.m. - 10:15 a.m.	Group Cycle	Cycle Studio
9:30 a.m. - 10:15 a.m.	Zumba	Assembly Room
10:30 a.m. - 11:30 a.m.	Pilates	Aerobics Room

SUNDAY

11:00 a.m. - 11:45 a.m.	Aqua Kickboxing	Pool
12:00 p.m. - 12:55 p.m.	BodyCombat	Aerobics Room
1:00 p.m. - 2:00 p.m.	BodyPump	Aerobics Room
3:00 p.m. - 3:45 p.m.	Group Cycle	Cycle Studio

Visit www.ephratarec.com for more info!

Classes FREE for Platinum members!

Unlimited Aerobics - 13 wks of Unlimited classes

Non Member \$164 Member Price \$129

Unlimited Aqua - 13 wks of Unlimited classes

Non Member \$139 Member Price \$99

Aerobic/ Aqua Punch Cards

Non Member \$74 Member Price \$59

Yoga Punch Cards

Non Member \$99 Member Price \$79