

# ***New* Intro to Barbell Class**



# **RIP!**



## **30 Minutes**

### **Lower Studio**

**LAST WINTER OPTIONS INCLUDE**

- Monday, March 4 4:10 – 4:40 PM**
- Saturday, March 9 7:30 – 8:00 AM**
- Tuesday, March 12 11:30 AM – 12:00 PM**

**Come to any one of these intro classes and stay for the entire RIP! class that immediately follows. Two instructors will be available which provides greater opportunity for additional assistance and coaching.**

**As with most live group fitness classes, this intro class is a drop-in experience with no fees or sign up needed.**

***RIP! is a 60-minute barbell group fitness class for men and women of all ages and all fitness levels. With upbeat motivating music and instruction, participants work safely at their level to acquire muscle strength and improved flexibility.***