

Special Barbell Class



RIP!



Master Class

Wednesday

August 21

5:30 – 6:40 P.M.

Lower Studio

This class replaces RIP! Plus on 8/21/19 only. RIP! Plus returns on 8/28/19.

Come and workout with the RIP! Instructor team! Five instructors with a combined experience of 79 years will share the stage and take you through an entire RIP! workout. Other RIP! Instructors will also be in the studio providing energy and feedback and you can too! This class will last about 70 minutes due to a short pause after each track for the team and you to provide written feedback!

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.

