

# Spring RIPT 6-week program March 23- May 1st



## 45-minute sessions of resistance, Interval, and physical training (RIPT)

Sessions available at 5:30 a.m. and 4:30 p.m. Monday-Thursday

**\*\*Mon-HIIT, Tues-Pilates/strength, Wed-HIIT, Thurs-Cardio & light resistance**



Scan to see class schedules

	2x per week:	4x per week:
Wellness Members	\$20	
MercyOne Colleagues and Corporate Wellness Clients	\$40	\$80
General Public	\$60	\$100

Sign up for a 4x per week session and also receive full MercyOne Wellness Center access any day, including access to other classes for the duration of the session.



To sign up, call Merriam Lake at 319-272-2284!