



FALL RIPT

8-week program

Sept 14th-Nov. 5th

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

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



Scan to
see class
schedules

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

	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!