

WINTER RIPT

8 week program

JAN 8TH - FEB 29TH



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

	2x per week:	4x per week:
Wellness Members	\$25	\$50
MercyOne Colleagues and Corporate Wellness Clients	\$50	\$100
General Public	\$80	\$120

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!