



# Get R.I.P.P.E.D.

**We've taken the best elements of fitness and rolled them into one 55 minute class that combines strength, cardio, core and drills to get you fit and lean. Our acronym stands for Resistance, Intervals, Power, Plyometrics, Endurance and Diet and Nutrition. We pack all of that into one class that's musically driven and is truly for every-BODY. Don't let the name scare you - R.I.P.P.E.D. can be modified for participants from 12 to 92!**

## Morning Classes

**Mon/Wed: 5:30 am**

## Evening Classes

**Thurs: 6:00 pm**

**Mon: 7:15 pm**



**MONTANOSO RECREATION CENTER  
25800 MONTANOSO DR, MISSION VIEJO**

**949-859-4348  
fitness@cityofmissionviejo.org**