

NOVEMBER 2017

CYCLE ROOM

GROUP FITNESS SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:15-9:15 AM

POWERHOUSE

-Sam

5:35-6:15 AM

SUNRISE SPIN

-Sheila

5:35-6:15 AM

SUNRISE SPIN

-Sheila

8:15-9:45 AM

TRIPLE THREAT

-Sam

8:30-9:15 AM

**WEEKEND
CYCLE**

-Rotating Instructors

12:00-12:45 PM

**LUNCH TIME
DRIVE-THRU**

-Sam

12:00-12:45 PM

**LUNCH TIME
DRIVE-THRU**

-Andre

4:30-5:15 PM

**SPIN
PLUS TRX**

-Lisa

NEW!!



5:30-6:00 PM

**INTERVAL
SPIN**

-Jennifer

5:30-6:15 PM

**TAKE IT FOR
A SPIN**

-Jennifer

5:30-6:15 PM

**TAKE IT FOR
A SPIN**

-Jennifer

6:00-7:15 PM

POWERHOUSE

-Jennifer

CLASS FITNESS LEVELS:

LOW IMPACT/ BEGINNER

ALL FITNESS LEVELS

INTERMEDIATE/ ADVANCED

CLASS DESCRIPTIONS BY FITNESS LEVEL

ALL FITNESS LEVELS:

Interval Spin: A 30-minute class using interval sprints & climbs to burn maximum calories & increase overall metabolism. The perfect class for beginners to advanced spinners.

Lunch Time Drive-Thru: Spend your lunch break on the bike and burn extra calories. 45 minutes of cycling fun.

Sunrise Spin: Ramp up your morning with an intense interval spin class. Guaranteed to get your heart pumping.

Spin Plus TRX: Two workouts in one! Get the benefits of a 30-minute cycle class AND the toning results of a TRX core workout in this fast-paced, ultra cardio combo!

Take It For A Spin: Expect to work hard with a variety of challenging formats, including games that will get you pedaling.

Weekend Cycle: Weekend class of various formats. A great way to get your weekend started right.

INTERMEDIATE/ADVANCED:

Powerhouse: Mix it up with a challenging cycle spin then off to the gym for a guaranteed cardio burn of plyometrics and endurance drills.

Triple Threat: 90 min., high intensity workout combining cycle, athletic conditioning & strength exercises.

Class Etiquette:

Please arrive on time for classes. If you arrive too late, you may be asked to leave the room by the instructor as it is disruptive and missing warm-up increases risk of injury.

Notes:

Classes are subject to change and are reviewed carefully on a monthly basis as the schedule will ebb & flow throughout the year. New classes are trialed during busy seasons. Long-term success is based primarily on attendance, demand and instructor availability.