




# CYCLING | AUGUST SCHEDULE




## MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	Fast & Furious	Jenny
9:00-10:00am	Turn 'Em & Burn 'Em	Sandy
12:00-12:30pm		Ashley T
5:30-6:15pm		Tamara
6:30-7:00pm		Jeramie


## TUESDAY

TIME	CLASS	INSTRUCTOR
5:05-5:35am		Holly/Natalie
9:15-9:45am		Leah N
12:00-1:00pm	Turn 'Em & Burn 'Em	Sandy
5:30-6:00pm		Courtney

## WEDNESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am		Sarah W
9:00-10:00am	Turn 'Em & Burn 'Em	Sandy
10:15-10:45am		Ashley T
5:30-6:30pm	Fast & Furious	Jenny
6:35-7:05pm		Jenny

## THURSDAY

TIME	CLASS	INSTRUCTOR
9:00-9:45am	Get Yo' Spin On!	Greg
12:00-12:30pm		Ashley T
5:30-6:30pm	Turn 'Em & Burn 'Em	Sandy


## FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	Alive in 45!	Romy
9:00-10:00am	Lean & Mean	Sherrie

## SATURDAY

TIME	CLASS	INSTRUCTOR
8:10-8:40am		Courtney/Holly
9:00-10:00am		Tamara/Holly

## SUNDAY

TIME	CLASS	INSTRUCTOR
8:10-8:40am		Marti/Natalie
9:00-10:00am	MIX IT UP	Marti

### 8th Annual Fitness Festival - Friday, August 4th

- 5:15pm SPRINT Cycle Night (outside)
- 5:45pm SPRINT Cycle Night (outside)

*please reserve your bike at the front desk for these classes!*

### ★ New Class

The Cycling Studio is available for use whenever a class is not in session.

**Please note:** Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being canceled. In order to make the most efficient use of our studio space, we may discontinue classes if there are under 10 participants consistently.

### ACCELERATE

A fast paced ride that's different every time! This class will improve your cardio endurance and leg strength, after the hour you'll leave feeling (and loving) the burn. Climb up steep hill sides, or race to the finish line all while listening to the latest music remixes. All levels of riders are welcome.

### ALIVE IN 45!

A heart pounding cycling class with great music and fun!!! This is not your typical spin class - Romy will fill the room with his energetic charisma to motivate you over steep terrain and speed through at breakaways all in 45 minutes.

### CARDIO CRUSHER

Join Becky for a high intensity ride to build strength and give your metabolism a morning jump start!

### FAST & FURIOUS

Using 4 different Effort Zones during class expect a variety of mixed interval workouts. With a play on cadence, tension levels, and positions on the bike- Jenny will keep you motivated and moving for 45 minutes burning calories, strengthening your cardiovascular endurance and using power to tone your muscles.

### GET YO' SPIN ON!

Is spinning & having fun an oxymoron? Not in this, all levels, cycling class! Greg leads the class in an enjoyable, high energy workout set to great music to cap off your Thursday.

### LEAN & MEAN

Each ride will be different as you bring your outdoor cycling experience indoors with this athletic and authentic cycling ride. Sherrie will motivate you with driving music and keep you energized as you are lead through a workout comprised of a variety of hill climbs, flat terrains, head winds, tail winds and anaerobic intervals.

### LES MILLS RPM

RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today.

### LES MILLS sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

### MIX IT UP

Each class takes the student on a ride through varied terrain including hills large and small; speed work, including sprints and jumps; and opportunities to practice form during endurance intervals.

### MOMENTUM

This class will challenge all levels from indoor cyclists and hobbyists to bike racers and triathletes. With a variety of intervals: endurance, strength, hills and speed training you'll build endurance, and work on improving your overall fitness to reach your fitness goals.

### TURN 'EM & BURN 'EM

Created to train indoors for outdoor cycling, Sandy's class will take you racing across long flat terrain, up and down rolling hills, and over huge mountain passes, all accompanied by upbeat music from a variety of genres.