

CYCLE

Cycle - Class Description:

Our instructors take it next level and insure you with the best play list from the top hits to old favorites. No need for headsets in our classes we will spotify your ride!

All Cycle Classes are 45 minutes unless noted. All bikes have universal clips (SPD) or riders can wear any workout shoes. We supply cage with toe straps. **Reserve your bike online!**

Kardio Ride – 60 MINUTES - Traditional cycle class, focusing on heart-rate zones, climbs, sprints, jogs and runs. The instructors make this an unpredictable ride that is challenging and fun!

Kardio Rhythm Ride – This class is where the music matters. This class incorporates a few songs with 2-3lb dumbbells for an upper body strength segment. This ride is designed to ride to the beat and let the sweat drip.

Kardio Ride Express- 45 MINUTES - High intensity, focusing on heart-rate zones, climbs, sprints, jogs and runs. Frequent changes in speed/intensity help you get the most out of this 45 minute class.

2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|---------|---|--|---|--------------------------------------|--------------------------------------|
| 6:00 AM | 60 min COMING SOON! | | 45 min KARDIO RIDE Steve | | 45 min KARDIO RIDE Steve | | |
| 7:30 AM | | | | | | | |
| 9:00 AM | 45 min KARDIO RHYTHM RIDE Kari | | 45 min KARDIO RHYTHM RIDE Amanda | | 45 min KARDIO RHYTHM RIDE Kari | 45 min KARDIO RIDE Kari | 45 min KARDIO RIDE Kari |
| 12:00 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 6:00 PM | 45 min KARDIO RIDE EXPRESS Amanda | | 45 min KARDIO RIDE EXPRESS Amber | 45 min KARDIO RIDE EXPRESS Jena | | | |
| 7:00PM | | | | | | | |

Kari Kardio
The Ultimate Cardio Experience!
KariKardio.com