

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.

NOV/DEC 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			60 min KARDIO RIDE Steve		60 min KARDIO RIDE Steve		
7:30 AM							
9:00 AM	45 min KARDIO RHYTHM RIDE Kari	45 min KARDIO RHYTHM RIDE Jill	45 min KARDIO RHYTHM RIDE Jill		45 min KARDIO RHYTHM RIDE Kari	60 min KARDIO RIDE Kari	60 min KARDIO RIDE Kari
12:00 PM							
5:00 PM							
6:00 PM	45 min KARDIO RIDE EXPRESS Jill		45 min KARDIO RIDE EXPRESS Kari	45 min KARDIO RIDE EXPRESS Jill			
7:00PM							

