
























DOWNTOWN - GROUP CYCLING - SUMMER 2019

July 2nd, 2019 - September 8th, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	Drills + Hills T Rebecca - 55min  	Cycle Beats T Kate - 55min 	Shred Express T Kate - 55min 				
9:00AM						Drills + Hills T Shaiful - 55min  	Cycle Beats T Kate - 55min 
12:05PM	Shred Express T Lisha - 55min 	Cycle Beats T Joanne - 55min 	Shred Express T Shaiful - 55min 	Drills + Hills T Rob - 55min  	Shred Express T Nicole - 55min 		
4:30PM		Fondo Ready T *NEW* Rob - 55min 		Cycle Beats T Ryan - 55min 			
5:30PM	Drills + Hills T Ryan - 55min  	Cycle Beats T Lindsey - 55min 	Drills + Hills T Pixie - 55min  	Fondo Ready T *NEW* Ryan - 55min 	Vicious Cycle T Martin - 55min  		

*Please note schedule may be subject to change without notice.

Legend

Strength



Cardio



Cycle



Aqua



Yoga & Stretch



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Ticket required for this class. Tickets are available at front desk 30min prior to class start time. Hold onto your ticket until the class instructor collects it.

DOWNTOWN CLASS DESCRIPTIONS

Included Classes

Drills + Hills

A drill based Group Cycling class focusing on intensity and power output. Perfect for the experienced rider looking to improve their speed and endurance.

Cycle Beats

Lose yourself to the beat in this challenging, music-driven cycling class. All tracks are designed to help you burn calories, sweat, and have fun while cycling to the beat of a variety of musical styles. This is a multi-level class.

Shred Express

An intense interval cycling experience for those wanting a serious no-nonsense sweat. Spin, push, pedal, climb, recover, repeat! Finish with 10min of easy riding and a soothing stretch to round out the class.

Vicious Cycle

For those individuals looking for an enhanced challenge on the bike, this ride is for you! Experience all types of training drills (intervals, jumps, runs, sprints and climbs) to heart pumping rhythms for an extended class. Specialty Class access for level 2/3 membership only.

Fondo Ready

NEW for summer 2019. Get ready for the ultimate cycling challenge, the Vancouver to Whistler Gran Fondo. Support your road rides with indoor cycling training for an elite advantage in mastering climbs and effective recovery strategies. FREE for Gran Fondo registrants. See front desk for details.
