































# DOWNTOWN - GROUP CYCLING - FALL 2019

September 9th, 2019 - December 22nd, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	<b>Drills + Hills</b> <sup>T</sup> Rebecca - 55min  	<b>Cycle Beats</b> <sup>T</sup> Natasha - 55min 	<b>Shred Express</b> <sup>T</sup> Natasha - 55min 				
9:00AM						<b>Drills + Hills</b> <sup>T</sup> Shaiful - 55min  	<b>Cycle Beats</b> <sup>T</sup> Antonio - 55min 
12:05PM	<b>Shred Express</b> <sup>T</sup> Lisha - 55min 	<b>Cycle Beats</b> <sup>T</sup> Joanne - 55min 	<b>Shred Express</b> <sup>T</sup> Shaiful - 55min 	<b>Drills + Hills</b> <sup>T</sup> Rob - 55min  	<b>Shred Express</b> <sup>T</sup> Alicia - 55min 		
4:30PM		<b>Drills + Hills</b> <sup>T</sup> Rob - 55min  		<b>Cycle Beats</b> <sup>T</sup> Tim - 55min 			
5:30PM	<b>Drills + Hills</b> <sup>T</sup> Ryan - 55min  	<b>Cycle Beats</b> <sup>T</sup> Lindsey - 55min 	<b>Drills + Hills</b> <sup>T</sup> Chiyoko - 55min  	<b>Drills + Hills</b> <sup>T</sup> Ryan - 55min  	<b>Vicious Cycle</b> <sup>T</sup> Martin - 55min  		

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

Legend

<b>Strength</b> 	<b>Cardio</b> 	<b>Cycle</b> 	<b>Aqua</b> 	<b>Yoga &amp; Stretch</b> 
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**T** 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.

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### **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.

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### **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.

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### **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.

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