

GROUP CYCLING

Indoor Cycling is a vigorous cardio class without comparison. Start pedaling and let go as your instructor takes you on the ride of your life. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer.

- ◆ **Duration of Rides:** The length of the working ride is noted next to the word Cycle on the schedule. Extra time is allowed for setting up new riders, explanation of Form & Safety Cues, etc. If it is Cycle45 and the class begins at 9:15, the Instructor has until 10:15 to complete a 45 Minute ride, including Cool Down and Stretching.
 - ◆ **Cycle30:** A 30 Minute ride in a 45 Minute time slot.
 - ◆ **Cycle45:** A 45 Minute ride in a 1 Hour time slot.
 - ◆ **Cycle60:** A 60 Minute ride in a 75 Minute time slot.
 - ◆ **Cycle75:** A 75 Minute ride in a 90 Minute time slot.
 - ◆ **Cycle90:** A 90 Minute ride in a 1 Hour, 45 Minute time slot.

Different Cycling Formats & Specialty Rides:

- ◆ **CycleStrength:** A class that combines the Cardiovascular benefits of a cycling ride with the Muscular benefits of strength training. Intervals on the bike combine with resistance training using weights, tubes or just your body! A 60 minute workout unless otherwise noted. *All fitness levels.*
- ◆ **CycleAbs:** A cycling ride with a 15 minute Abdominal/Low Back/Core workout at the end. A 60 minute workout unless otherwise noted. *All fitness levels.*
- ◆ **CycleBootCamp:** An intense ride on the bike followed by an intense "bootcamp" style workout that includes more cardio drills along with strength and agility exercises. A 60 minute workout unless otherwise noted. *Intermediate to Advanced levels.*
- ◆ **CycleYoga:** Follow your Indoor Cycling workout with an interval of Yoga to balance out your body and your workout. A 60 minute class unless otherwise noted. *All fitness levels.*

Sign-Up & Check In:

To reserve your space in class, sign up @ the Front Desk up to 48 hours in advance. 5 minutes prior to class start time, unclaimed Stamps will be given to riders on the Waiting List, on a first come first served basis.

Get Help for Initial Bike Fitting:

If you are a new Rider, be sure to inform your instructor prior to your ride. The instructor can assist in bike adjustments to fit your leg and torso length & demonstrate the proper foot position and pedaling technique. Proper set-up

Shoes with Cleats:

If using cycling shoes with cleats (SPD compatible cleats), check if the screws are properly tightened. If wearing gym shoes, make sure the laces are tucked in the shoe.

Arrive Early:

Please arrive early for proper set-up and adjustments on the bike. Hasty bike adjustments can lead to injury. Arriving late to class is very disruptive to other participants. If an earlier class is ending, please wait for all participants to leave the area before

Bring Water & a Towel:

You Must Have Water to Ride! Drink plenty of water before, during & after class. Please be considerate of other riders by wiping down the bike and surrounding areas after class.

Clean Up After Yourself:

After class, please use the disposable towels provided and the proper solution to wipe up any sweat on the bike and on the floor.

MIND/BODY



BodyFlow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balanced. *All Fitness Levels.*

BodyFlowTech: Learn the basic techniques of BodyFlow. You will still receive a great workout!

PILATES

BeginnerPilates(BegPilates): An introductory class where you will learn the basic core moves of a Pilates practice. Learn how to use your abdominal muscles, how to position the pelvis and spine, and how to increase your range of motion. You will learn the proper way to "breathe" in Pilates as well as improve your posture and strengthen your abdominals and back. 30 minutes in length.

Pilates: You will be guided through exercises that safely deliver optimal strength, flexibility and endurance without adding bulk. This stress-relieving method will be performed on a mat. *All fitness levels.*

PilatesPlus: Challenge your practice by taking it to the next level. You may use additional props, such as bands & balls. *Intermediate to Advanced.*

YOGA

BeginnerYogaFlex(BegYogaFlex): An introductory class where you will learn the basic postures used in a yoga practice. Plenty of options are given to make everyone feel comfortable. The use of props such as straps and blocks are used to help assist these moves. 30 or 45 min.

GentleYoga: Enjoy the relaxing benefits of yoga while increasing strength and flexibility. Less vigorous than other yoga workouts. Great for Beginners or Special Populations (Seniors, Pregnant Women, Postpartum Mothers, etc)

JuniorYoga(JrYoga): YogaFlex class designed for 8– 13 year olds
YogaFlex: Develop strength, endurance, flexibility, & proper body alignment through a series of poses with a strong emphasis on breathing & concentration. Poses range from relaxing stretches to challenging postures. A yoga mat is recommended. (YogaFlexXP= 30 minute workout) *All Levels*

Specialty Classes This Month:

PowerYoga: Yoga that concentrates on the strengthening poses. More standing & strenuous poses are incorporated. *Intermediate to Advanced*

GentleWallYoga: GentleYoga using the Wall as a Prop.

Additional Classes:

MixedMartialArts: Mind/Body Room: Specializing in Brazilian Jui Jitsu and Muay Thai Kickboxing, this class is designed for individuals with an intermediate or advanced level.

STRIVE: Cross Training Room: A combination of cardio and strength training. STRIVE is the ultimate circuit workout focused on helping you improve your strength, flexibility and balance. The class includes various workouts with STRIVE equipment: there will be time to rest between machines. Stretching will be done at the end of class.

Group Cycling and Strive classes are held in the Cross Training Room. MixedMartialArts, Pilates and Yoga classes are held in the Mind/Body room. For the safety of all participants, please be on time. You will not be permitted to enter a Cycling, Yoga, Pilates or a BodyFlow class if you are more than 5 minutes late.

