



## Cycle Studio – 2<sup>nd</sup> Floor

| Time    | Monday       | Tuesday            | Wednesday             | Thursday                | Friday              | Saturday | Sunday |
|---------|--------------|--------------------|-----------------------|-------------------------|---------------------|----------|--------|
| 5:30am  | Cycle (5:10) | Cycle              |                       | Cycle                   | Cycle (5:10)        |          |        |
| 6:40am  | Core Express |                    |                       |                         | Core Express        |          |        |
| 7:00am  |              |                    |                       | Running Group (7:00 am) | Cycle (7:30)        | Cycle    |        |
| 8:00am  | Cycle        | Cycle              | Start Cycling (45min) |                         | Core Express (8:30) |          |        |
| 9:00am  | Cycle        |                    | Cycle                 |                         | Cycle               | Cycle    |        |
| 10:00am |              |                    | Core Express          |                         |                     |          |        |
| 5:30pm  |              | HIIT Cycle (30min) |                       |                         |                     |          |        |
| 6:00pm  | Cycle (5:45) | Core Express       | Cycle                 |                         |                     |          |        |

### Class Descriptions

#### Cycle

Group Cycle is an indoor cycling class, led by an instructor who selects music to provide motivation and atmosphere. This program is for anyone at any age, at every fitness level. Come take a journey for the mind as well as the body and spirit!

#### Core Express

Stick around after your cycle class for a 30minutes to work all of your muscles front to back from your shoulders down to your hips for a strong and balanced core. A strong and happy core = a strong and happy you!

#### Start Cycling

Cycling is a phenomenal cardio vascular workout! If the bikes are a mystery to you, try this 45 minute orientation to the world of cycle including fitting the bike and learning how it works. Enjoy a beginner's intensity workout and start cycling!

#### HIIT Cycle

This 30 minute fast paced high intensity interval training class will get your heart rate up and burn a ton of calories in only a half hour. This class will have short periods of intense rides with recovery periods in between sets. HIIT training is a great way to optimize your fitness.

Schedule is subject to change without notice. An average of 5 members is needed for a class to be continued.

All classes are 55 minutes long unless otherwise indicated.

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