



Cycle Studio – 2nd Floor

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Cycle (5:10)	Cycle		Cycle	Cycle (5:10)		
6:40am	Core Express	Cycle (6:45)			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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www.westwoodfitness.org

Questions please call 262-513-7204