

# Studio 2 Cycle Schedule



PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	Cycle (5:10) (Laure)	MOi Cycle (Amy)		Cycle (Kristin)	Cycle (5:10) (Laure)		
6:40 am	Core Express (Laure)				Core Express (Laure)		
7:00 am				Running Group (7:00)	Cycle (7:30) (Steve)	Cycle (Kristin)	MOi Cycle (7:30) (Amy)
8:00 am	Cycle (Laure)	Cycle (Jerry)	Start Cycling (Mike) (45min)	Cycle (Tom)	Core Exprees (Steve)		
9:00 am	Cycle (Steve)		Cycle (Jessica)		Cycle (Shelly)	HIIT Cycle (Kelley) 45min	
10:00 a.m.			Core Express (Jessica)				
5:30pm							
6:00 pm	Cycle (5:45pm) (Jessica)		Cycle (Jerry)	HIIT Cycle (Kelley) 45min			

## 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 half hours 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!

### MOi Cycle

Born in the mountains of Aspen, *MOi Cycle* is the most personal cycling experience ever made, because it's the first where each ride is designed around you. This format gives participants measurable results as you work through different heart rate zones and cadences with perfectly synced music to give you the best motivation through your work out. \*\*Heart rate monitors are strongly encouraged to get the most out of your class.

### 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 30-45 minute fast paced high intensity interval training class will get your heart rate up and burn a ton of calories in. 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. All classes are 55 minutes long unless otherwise indicated.