

Studio 2 Cycle Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am					Cycle (Hannah)		
6:00 am	Les Mills SPRINT (Natalie)			Cycle (Meredith) (6:15)		Cycle (Kristin) (6:30)	
8:00 am	Cycle (Hannah)						
9:00 am					Cycle (Shelly)		
10:00 a.m.			Les Mills SPINT (Natalie)				
4:45 p.m.		Les Mills SPRINT (Maggy)					
5:45pm	Cycle (Jessica)			Les Mills SPRINT (Kelley)			

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!

Les Mills SPRINT

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

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!

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 measureable 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.

Schedule is subject to change without notice. All classes are 45 minutes long with the exception to SPRINT. SPRINT is a 30 minute format.