

# STUDIO 2 Cycle Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Cycle</b> Meredith 6:15 a.m.		
<b>Cycle</b> Jamie 8 a.m.		<b>Start Cycling</b> Mike 8 a.m.			<b>LES MILLS™ SPRINT™</b> Kelley 8 a.m.
	<b>Cycle</b> Tom 9 a.m.		<b>Cycle</b> Tom 9 a.m.	<b>Cycle</b> Shelly 9 a.m.	
					<b>SUNDAY</b>
			<b>Cycle</b> Kelley 6 p.m.		

Schedule is subject to change without notice. All classes are 55 minutes long with the exception to SPRINT, HIIT and Start Cycling.

SPRINT and HIIT are 30 minute formats and Start Cycling is a 45 minute format.

## 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.

### 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 cardiovascular 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.

For more information, please visit the Member Services desk or call 262-650-8000.

