

# INDOOR CYCLING



## Class Schedule

December 1, 2018

	TIME	CLASS	INSTRUCTOR
<b>MONDAYS</b>	6:00-7:00am	Shift Up/Speed Up	Dennis
	9:30-10:30am	H.I.I.T the Road	Barbara
	12:00-12:50pm	Cycle 50	Sara
	5:30-6:30pm	High Gear	Carol
<b>TUESDAYS</b>	5:45-6:45am	Shift Up/Speed Up	Renaë
	8:10-9:00am	High Gear	Carol
	12:00-1:00pm	H.I.I.T. the Road	Gerry
<b>WEDNESDAYS</b>	6:00-7:00am	Ride & Shine	Gerry
	9:30-10:30am	H.I.I.T. the Road	Melissa
	12:00-12:50pm	Cycle 50	Sara
	5:30-6:30pm	High Gear	Hayley
<b>THURSDAYS</b>	5:30-7:00am	Endurance Ride	Dennis
	8:10-9:00am	High Gear	Dennis
	12:00-1:00pm	H.I.I.T. the Road	Carol
<b>FRIDAYS</b>	6:00-7:00am	Shift Up/Speed Up	Tim
	9:30-10:30am	High Gear	Barbara
	12:00-1:00pm	High Gear	Neal
<b>SATURDAYS</b>	7:30-8:30am	Shift Up/Speed Up	Linda
	9:00-10:00am	High Gear	Carol
<b>SUNDAYS</b>	9:00-10:00am	Ride & Shine	Jen



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## Class Descriptions

**Cycle 50** - From intervals to long hill climbs, this 50-minute class is packed from start to finish. Lose yourself in the motivating music and challenge your body and soul.

**Endurance Ride** - Incorporates a variety of cycling skills and drills while working at intensities that are high enough to maintain those hard fought Summer fitness gains, but also low enough to train the body to use fat as its primary fuel and build a strong base for next year's peak. Great music and videos to keep you motivated.

**High Gear** - A cardio challenge that pushes you the extra mile! Pedal in groups, roll over hills, chase the pack, climb mountains and sprint your way to burning calories and enhancing cardiovascular endurance and muscular strength. If your goal is cross-training, maintaining endurance, losing weight, or increasing your overall health and fitness level, then High Gear is for you.

**H.I.I.T. the Road** -(High Intensity Interval Training) In this class you will improve athletic capacity and fitness, glucose metabolism and fat burning as well as increase EPOC, resting metabolic rate and VO2 Max.

**Ride & Shine** - Get your engines started better than any cup of coffee. We'll climb, sprint and push our way through rides and always come out feeling better about ourselves and our bodies. You'll be ready to tackle any obstacles that come your way the rest of the day. Your adrenaline will be soaring as you walk out with a smile on your face.

**Shift Up, Speed Up** - Combines cadence building with resistance loading for a workout that will take your cycling to a new level. Physically, it will improve your ability to steadily increase workload throughout an interval. Mentally, it will make you a more confident, aggressive cyclist.

## Indoor Cycling Studio Etiquette

**It is recommended that you wear stiff soled shoes such as cross trainers if using the baskets on the pedals, or cycling shoes that clip in. (You will need an SPD cleat.)  
Please bring a water bottle, a towel and a good attitude.**

### ***COME PREPARED TO SWEAT!***

1. Members may save **ONE** bike and must be on that bike when the instructor begins class. At this time, the instructor will remove all personal items from any "saved" bike.
2. Please keep conversations to a minimum.
3. Please clean your bike after use with provided X-wipes.
4. It is recommended that first time class participants arrive 10 minutes early to receive proper bike set up instruction.
5. Arrive on time to get the best experience possible, as the warm up will be devoted to determining your training zones for the class.