

GROUP CYCLE



Class Schedule

WINTER 2019
Effective Jan 25, 2019

INTRODUCING OUR NEW EXPRESS CLASSES (Shaded classes)

Monday

8:00–8:45AM
Video Cycle Yair

9:30–10:30AM
Burn Cycle Video
Kathleen

10:35–11:00AM
Beginners Plus!
Kathleen

4:15–5:00PM
Burn Cycle Allison

6:15–7:00PM
Video Cycle Margaret

Tuesday

8:00–8:45AM
Power Cycle Margaret

9:30–10:30AM
Joy Ride Bente

6:30–7:15PM
Victory Cycle Alena

Wednesday

8:00–8:45AM
Crank It! Margaret

9:30–10:30AM
Rock 'n' Ride Alena

4:30–5:15PM
Joy Ride ★ Bente

6:30–7:15PM
Video Cycle ★ Yair

Thursday

7:15–8:00AM
Power Cycle Chris

9:30–10:30AM
Burn Cycle Video
Kathleen

10:35–11:00AM
Beginners Plus!
Kathleen

Friday

8:00–8:45AM
Power Cycle Margaret

9:45–10:30AM
WATTS UP! Margaret

5:30–6:15PM
Happy Hour Cycle Bente

Saturday

7:30–8:30AM
Video Vibes Bob

9:00–10:00AM
Burn Cycle Allison

10:30–11:15AM
Themed Rides Margaret

Sunday

9:30–10:30AM
Mercy Ride Kathleen

11:00–11:45AM
Rock n' Ride Alena

Instructors subject to change without notice.

- Children must be 12 years and older and 5ft tall for Group Cycle

NOTE: NEW SIGN UP PROCEDURE! Introducing *Saw Mill Club APP* for all Cycle bikes. **FREE Sign up** is open 23 hours before class. Sign-up is required to all Group Cycle classes. You may also call the front desk for sign up. No Shows charged

\$10. Cancel on App 60 minutes prior to class start

KEY: ★ = New Class ⌚ = New Time 😊 = New Instructor \$ = Fee Based Class

* Changes during the month may not be reflected on this schedule
For the most up to date class schedule we recommend you
Download the Class Schedule Smartphone App.



VIRTUAL CYCLE



WINTER 2019 Rev. 1/25/19

Class Schedule

**No "Live" Instructors. Video Led classes.
No sign up needed. Just Walk in and Ride!**

Monday

5:15–5:45AM
SPRINT

6:30–7:15AM
THE TRIP

12:30–1:00PM
RPM

2:00–2:45PM
THE TRIP

3:00–3:45PM
RPM

7:30–8:20PM
RPM

Tuesday

5:15–5:45AM
SPRINT

6:30–7:00AM
SPRINT

11:00–11:30AM
SPRINT

12:30–1:15PM
THE TRIP

2:00–2:30PM
SPRINT

3:00–3:45PM
RPM

4:00–4:30PM
SPRINT

5:30–6:20PM
RPM

7:30–8:15PM
THE TRIP

Wednesday

5:15–5:45AM
SPRINT

6:30–7:20AM
RPM

11:00–11:45
RPM

12:30–1:20PM
RPM

2:00–2:30PM
SPRINT

3:30–4:15PM
THE TRIP

7:30–8:20PM
RPM

Thursday

5:15–5:45AM
SPRINT

6:30–7:00AM
SPRINT

12:30–1:20PM
RPM

2:00–2:30PM
SPRINT

3:30–4:15PM
THE TRIP

4:30–5:20PM
RPM

5:30–6:15PM
RPM

6:30–7:15PM
THE TRIP

7:30–8:20PM
RPM

Friday

5:15–5:45AM
SPRINT

6:30–7:00AM
SPRINT

11:00–11:30AM
SPRINT

12:30–1:20PM
RPM

2:00–2:45PM
RPM

3:00–3:45PM
RPM

4:00–4:45PM
THE TRIP

7:30–8:15PM
THE TRIP

Saturday

12:00–12:45PM
THE TRIP

2:00–2:45PM
RPM

4:00–4:45PM
THE TRIP

6:00–6:45PM
THE TRIP

Sunday

8:00–8:30AM
SPRINT

8:35–9:20AM
RPM

12:00–12:45PM
THE TRIP

2:00–2:50PM
RPM

4:00–4:45PM
THE TRIP

6:00–6:50PM
RPM

RPM is an ideal entry-level workout for new members, because individuals control their own resistance level. Beginners can keep pace with the rest of the class, while more experienced riders can dial it up and challenge themselves. And LES MILLS Instructors are specially trained to deliver an inspiring and safe workout for members at any level of experience.

THE TRIP There is nothing else quite like THE TRIP. It's a journey into the future of fitness. Inspired by cinema, live concert experiences and interactive gaming, THE TRIP is an immersive fitness experience that combines a purpose-built studio, live instructors with immersive video. The potential for what a workout can be is limitless.

SPRINT is HIIT on a bike, a high-intensity workout that delivers rapid results. It's a short, intense style of training where the thrill and motivation comes from pushing physical and mental limits.

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