

# GROUP CYCLE



## Class Schedule

SPRING 2019  
Effective March 19, 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



## Class Schedule

SPRING 2019 Rev. 3/19/19

### 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**

11:00–11:30AM  
**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**

2:00–2:50 PM  
**RPM**

3:00–3:50PM  
**RPM**

4:00–4:45PM  
**THE TRIP**

6:00–6:45PM  
**THE TRIP**

**No "Live" Instructors. Video Led classes. No sign up needed.**

**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.

### Sunday

6:30–7:20AM  
**RPM**

8:00–8:30AM  
**SPRINT**

8:35–9:20AM  
**RPM**

12:00–12:45PM  
**THE TRIP**

2:00–2:50PM  
**RPM**

3:00–3:30PM  
**RPM**

4:00–4:45PM  
**THE TRIP**

6:00–6:50PM  
**RPM**

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