

# Studio 2 Cycle Schedule



PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday /Sunday
5:30 am		<b>NEW!</b> <b>SPRINT</b> (Jamie)				
6:00 am				<b>Cycle</b> (Meredith) (6:15)		
7:15 am						
8:00 am	<b>Cycle</b> (Jamie)	<b>SPRINT</b> (Natalie)	<b>Start Cycling</b> (45 minutes) (Mike)			
9:00 am	<b>Cycle</b> (Mike)	<b>Cycle</b> (Tom)		<b>Cycle</b> (Tom)	<b>Cycle</b> (Shelly)	
10:00 a.m.						
6:00pm	<b>SPRINT</b> (5:45) (Natalie)			<b>Cycle</b> (5:15) Ashley		

## 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 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!

### HIIT Cycle

HIIT Cycle This 30-45 minute fast paced high intensity interval training class will get your heart rate up and burn a ton of calories in. This class will have short periods of intense rides with recovery periods in between sets. HIIT training is a great way to optimize your fitness.

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 is a 30 minute format and Start Cycling is a 45 minute format.