

STUDIO X / CYCLE STUDIO

MON	TUES	WED	THUR	FRI	SAT	SUN
	5am Barre Strength Jill	5am Double Step Susanne	5am Barre Strength Jill	5am Double Step Susanne	7:45am Express Cycle Keely	
6am Shred Susanne	6am Shred Jill	6am Edge Cycle Nancy	6am Shred Jill		8:30 Ultimate Fit Keely	
8:30am Cardio Dance John	8:30am Shred Stacy		8:30am Shred Cheyanne	8:30am Zumba Anchalee	9:30am Zumba Sarah/Jen	
	9:30am Zumba Jill	9:30am Barre Fusion Cristin	9:30am Zumba Jill			
11am Barre Fusion Jill		11am Tai Chi Reza		11am Tai Chi Reza	8am Edge Cycle Earstin	
12:15pm Edge Cycle Sandi	12:15pm Tai Chi 4 Beginners Tom	12:15pm Edge Cycle Sandi	12:15pm Cycle Core Lisa	12:15pm Edge Cycle Sandi	9am Total Step Rotation	
4:30pm Cycle Core Cristin		4:30pm Cardio Fit Cheyanne	1pm Zwift Cycle Mark-Anthony			
5:30pm Pure Strength Keely	5:30pm DJ Cycle Leslee/ DJ Rhino	5:30pm Ultimate Fit Sara	5:30pm Zumba Jen			
	6:30pm Pure Strength Sara					

All classes are 45-50 minutes.

Strength/Cardio
Cycle
Dance/Cardio



Spring April-June
4.11.23

Group X Director: Keely Sloan
Cycle Director: Sandi Meyer

STUDIO X CLASS DESCRIPTIONS

(Classes are Listed in Alphabetical Order)

Barre Fusion

Blending barre, cardio and toning exercises, this class uses ballet inspired moves to give you a full-body cardio and strength workout. No dance experience is necessary and moves and weights can be modified to your experience level.

Barre Strength

Inspired by ballet, this high intensity barre class targets your arms, core, thighs, and booty to help you create a long, lean, dancer's body.

Cardio Dance

A high energy cardio class featuring a wide variety of fun energizing music and moves to bring out the cardio dancer in you! Strengthen and tone while you cool down and stretch. For most levels.

Cardio Fit

Burn fat, build muscle, and endurance! Intervals, compound exercises, timed cardio segments plus resistance and core exercises. Add plyometric for maximum calorie burn!

Cycle Core

A challenging 30–40-minute ride followed by 10-20 minutes of core training using balls, tubing, and body resistance.

Cycle Express

Cycle Express is a great way to get an awesome workout, fast! Whether it is an endurance climb or a series of short strength intervals, this class is designed to add a great cardiovascular challenge to anyone's weekly workout.

DJ Spin

Indoor cycling meets nightclub. A loud, intense, rhythmic spin class with DJ Rhino. Unlike any other class we have.

Double Step

High intensity without impact. Step to rhythmic beat. Cardio flow of movement designed to improve strength, coordination, and movement.

Edge Cycle

This cycling class combines high energy and high effort with performance focused technology to deliver a powerful workout whether you're a first-time indoor cyclist or a seasoned athlete.

Pure Strength

Finally, a class dedicated to building strength! This class will incorporate barbells, and/or dumbbells into your weekly workout with a focus of 3-5 min per muscle group. Get an awesome and effective workout in this strength training class.

Shred

Set to great music, begin each class with a dynamic warm up, followed by three fitness blocks focused on your upper body, lower body, and core. A combination of cardio and strength, you'll work your shoulders, biceps, triceps, chest, back, core, glutes, quads, and hamstrings. Modify or progress as needed. (i.e., choose non-impact versions of each move or limit range of motion.

Tai Chi

An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. For all levels of fitness.

Total Step

An all-step class followed by abs and stretch.

Ultimate Fit

High intensity, fat burning and body strengthening.
Walk in! Crawl out!

Zumba

All dance genres including Latin, reggaeton (hip hop), jazz, burlesque, and flamenco all together in one intensive, fun filled cardio hour. Torch calories while having a blast!

Zwift Cycle

The focus is to train with Power! Watts per kilogram or WPR. This is a virtual training program for all, triathletes, biathletes, as well as the avid cyclist.