

Cycle Studio

MONDAY	
12:15a	HIIT Cycle <i>Sandi (45m)</i>
6:30p	DJ Spin <i>Leslee/DJ Rhino</i>

TUESDAY	
4:30p	Cycle Chisel <i>Corrie</i>

WEDNESDAY	
12:15a	Cycle Express <i>Sandi (45m)</i>

THURSDAY	
1pm	Zwift Cycle <i>Mark-Anthony</i>

FRIDAY	
8:30a	HIIT Cycle <i>Sandi (45m)</i>

SATURDAY	
8am	Cycle Express <i>Leslee (30m)</i>

CLASS DESCRIPTIONS

Cardio Cycle

Get ready for an intense riding experience. Each ride will present a different set of drills, terrain, and intervals.

Cycle Chisel

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

Cycle Express

A class for all levels of a cyclist. Feel the burn and intensity of a high sierra ride right here in our cycle studio. Whether you're a seasoned, hardcore rider or a novice, you'll get your best workout by our expert instructors.

DJ Spin

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

HIIT Cycle

Designed to give you a well-rounded workout. The big calorie burn of high intensity intervals combined with the high fat burn of cardio.

Zwift

The focus is to train with Power! Watts per kilogram or WPR.

SPORTS WEST



ATHLETIC CLUB

775-348-6666

2.1.22