

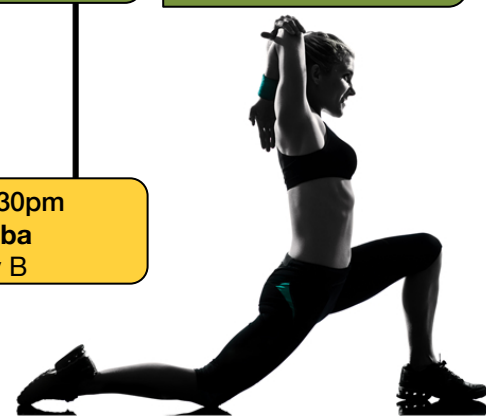
STUDIO X / CYCLE STUDIO

Sports West Athletic Club 1575 S Virginia St, Reno 89502 775-348-6666 www.sportswestreno.com

MON	TUES	WED	THUR	FRI	SAT	SUN
	5-6am Barre Strength Jill		5-6am Barre Strength Jill		8-8:30am Edge Cycle Keely	
	6-7am Shred Jill	6-7am Edge Cycle Nancy	6-7am Shred Jill		8:30-9:30am Ultimate Fit Keely	
8:30-9:30am Zumba Jill	8:30-9:30am Shred Cheyanne		8:30-9:30am Shred Stacy	8:30-9:30am Zumba Anchalee	9:30-10:30am Zumba Sarah/Jen	
	9:30-10:30am Zumba Jill		9:30-10:30am Zumba Jill			
11-12pm Barre Fusion Jill	12-1pm Tai Chi 4 Beginners Tom	11-12pm Tai Chi Reza		11-12pm Tai Chi Reza		8:30-9:30am Total Step Rotation
12:15-1pm Edge Cycle Sandi		12:15-1pm Edge Cycle Sandi	12:15-1pm Zwift Cycle Mark-Anthonv	12:15-1pm Edge Cycle Sandi		
4:30-5:30pm Cardio Fit Cheyanne		4:30-5:30pm Cardio Fit Cheyanne				
5:30-6:30pm Pure Strength Keely	5:30-6:30pm DJ Cycle Leslee/ DJ Rhino	5:30-6:30pm Ultimate Fit Sara	5:30-6:30pm Zumba Amy B			

Fall October-December
11.15.22

- Strength/Cardio
- Cycle
- Dance/Cardio



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 Fit

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

DJ Spin

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

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.