

# Cycle Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am			Edge Cycle <i>Nancy</i>				
7:45am						Cycle Express <i>Keely</i>	
8am							Edge Cycle <i>Earstin</i>
12:15pm	Edge Cycle <i>Sandi</i>		Edge Cycle <i>Sandi</i>	Cycle Core <i>Lisa</i>	Edge Cycle <i>Sandi</i>	Fall October-December 10.1.23	
1pm				Zwift Cycle <i>Mark-Anthony</i>			
5:30pm		DJ Spin <i>Leslee/DJ Rhino</i>					

## CLASS DESCRIPTIONS All Classes are 45-50 minutes.

### 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.

### 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.

### 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.



775-348-6666

Cycle Director: Sandi Meyer