

# STUDIO X / CYCLE STUDIO

**MON**

8:30-9:30am  
**Cardio Dance**  
Molly

11-12pm  
**Barre Boot Camp**  
Jill

12:15-1pm  
**HIIT Cycle**  
Sandi

5:30-6:30pm  
**Pure Strength**  
Keely

6:30-7:30pm  
**DJ Cycle**  
Leslee/DJ Rhino

**TUES**

5-6am  
**Barre Boot Camp**  
Jill

6-7am  
**Body Fit**  
Jill

8:30-9:30am  
**Cardio Sculpt**  
Stacy

9:30-10:30am  
**Zumba**  
Jill

4:30-5:30pm  
**Cycle Chisel**  
Corrie

5:30-6:30pm  
**Cardio Dance Barre**  
Keely

5.1.22

**WED**

8:30-9:30am  
**Cardio Dance**  
Molly

12-1pm  
**Tai Chi 4 Beginners**  
Tom

12:15-1pm  
**Cycle Express**  
Sandi

4:30-5:30pm  
**Barre Fit**  
Sara

5:30-6:30pm  
**Ultimate Fit**  
Sara

**THURS**

5-6am  
**Barre Boot Camp**  
Jill

6-7am  
**Body Fit**  
Jill

8:30-9:30am  
**Cardio Sculpt**  
Stacy

9:30-10:30am  
**Zumba**  
Jill

1-2pm  
**Zwift Cycle**  
Mark-Anthony

5:30-6:30pm  
**Zumba**  
Amy

**FRI**

8:30-9:45am  
**HIIT Cycle**  
Sandi

11-12pm  
**Tai Chi**  
Reza

**SAT**

8-8:30am  
**Express Cycle**  
Leslee

8:30-9:30am  
**Ultimate Fit**  
Keely

9:30-10:30am  
**Cardio Dance**  
Amy

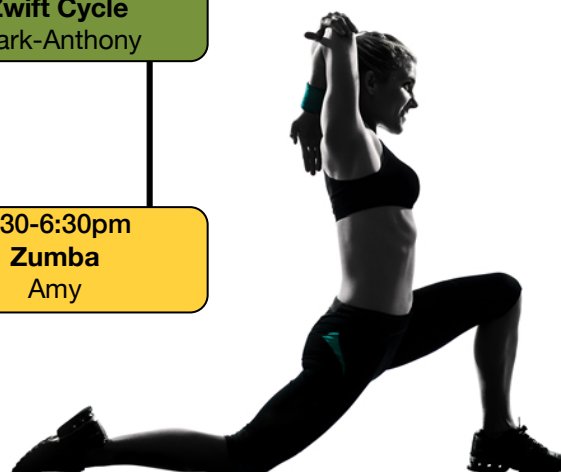
**SUN**

8:30-9:30am  
**Total Step**  
Rotation

Strength/Cardio

Cycle

Dance/Cardio



# STUDIO X CLASS DESCRIPTIONS

*(Classes are Listed in Alphabetical Order)*

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## **Barre Boot Camp**

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.

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## **Barre Fit**

This class utilized the barre, is well rounded, and targets all the muscle groups by utilizing small props such as, Gliding™, BenderBall™, tubing, handheld weights, a mat, and your own body as resistance. This non-impact workout focuses on core strength and alignment for the best results ever, giving you a healthy fit body.

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## **Cardio Dance**

Fun, high-energy cardio dance class for all levels of fitness.

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## **Cardio Dance Barre**

Fun, high-energy cardio dance class for all levels of fitness while utilizing the ballet barre.

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## **Cardio Sculpt**

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

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## **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.

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## **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.

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## **DJ Spin**

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

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## **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.

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## **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.

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## **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.

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## **Total Step**

An all-step class followed by abs and stretch.

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## **Ultimate Fit**

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

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## **Yoga Flows**

Links rhythmic breathing with natural alignment of flowing, sustained postures.

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## **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!

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## **Zwift Cycle**

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