

CYCLE STUDIO SCHEDULE – FALL 2018

MONDAY

6:00-6:30am	RPM Cycle
7:30-8:30am	Cycle Adventure
9:30-10:00am	RPM Cycle
12:15-12:45pm	RPM Cycle
3:00-3:30pm	RPM Cycle
4:00-5:00pm	Cycle Adventure
6:00-6:55pm	RPM Cycle <i>LIVE</i>
7:30-8:30PM	Cycle Adventure

TUESDAY

5:45-6:45am	Cycle Adventure
7:30-8:30am	RPM Cycle
9:30-10:00am	RPM Cycle <i>LIVE</i>
12:00-1:00pm	Cycle Adventure
3:00-4:00pm	Cycle Adventure
4:15-4:45pm	RPM Cycle
5:00-5:30pm	RPM Cycle
7:30-8:00pm	RPM Cycle

WEDNESDAY

5:45-6:45am	Cycle Adventure
7:30-8:00am	RPM Cycle
9:30-10:30am	Cycle Adventure
12:15-12:45pm	RPM Cycle
3:00-3:30pm	RPM Cycle
4:00-5:00pm	Cycle Adventure
5:15-5:45pm	RPM Cycle
6:30-7:25pm	RPM Cycle <i>LIVE</i>
8:00-8:30pm	RPM Cycle

THURSDAY

6:00-6:30am	RPM Cycle
7:30-8:30am	Cycle Adventure
10:00-11:00am	Bike & Barre <i>LIVE</i>
12:15-1:15pm	Cycle Adventure
3:00-4:00pm	Cycle Adventure
4:15-4:45pm	RPM Cycle
5:00-5:30pm	RPM Cycle
5:45-6:45pm	Bike & Barre <i>LIVE</i>
7:30-8:00pm	RPM Cycle

FRIDAY

6:00-6:30am	RPM Cycle
7:30-8:30am	Cycle Adventure
9:00-9:30am	RPM Cycle <i>LIVE</i>
12:15-12:45pm	RPM Cycle
3:00-4:00pm	Cycle Adventure
4:15-4:45pm	RPM Cycle
5:00-5:30pm	RPM Cycle
6:00-7:00pm	Cycle Adventure

SATURDAY

9:00-9:30am	Elite Cycle <i>LIVE</i>
11:00-12:00pm	Cycle Adventure
2:30-3:30pm	Cycle Adventure
4:00-4:30pm	RPM Cycle

SUNDAY

9:00-9:30am	RPM Cycle <i>LIVE</i>
10:00-11:00am	Cycle Adventure
12:30-1:25pm	RPM Cycle
3:00-3:30pm	RPM Cycle

For real-time information on our classes due to holidays and inclement weather call the club at 215-256-9998

GROUP CYCLE CLASS DESCRIPTIONS

Les Mills RPM Cycling: An inspiring workout where you ride to the rhythm of powerful music. Take on the terrain with your Cycle Instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Elite Cycling: A highly motivating and challenging workout inspired by your Cycle Instructor. You will burn body fat, enhance cardiovascular health and increase muscular strength. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout.

Cycle Adventure: Ride the world with this new cycling experience and take a cycling tour across extraordinary landscapes. Meant for riders of all levels, some adventures provide virtual instruction, while others are designed to be a free ride where you can cycle to the beat of the music.

Bike & Barre: This unique class combines high intensity cycling with the full body strengthening elements of a Barre class to give you a full body cardiovascular and muscular endurance workout. The class is set to rocking music and utilizes both the bike and light dumbbells.

All cycle classes are either taught by a Cycle Instructor or on a 130 inch video projection screen. All classes taught by an instructor have the word *LIVE* listed next to the class name on the schedule.

For all Cycle Instructor taught classes pick up a Cycle Pass Number at the front desk 15 minutes prior to class time to secure a spot.

Cycle classes are taught for all fitness levels.

CLUB HOURS

Monday-Thursday

5:30am-10:00pm

Friday

5:30am-8:00pm

Saturday & Sunday

8:00am-5:00pm