



Cycling Class Descriptions

Cycle45: Experience Indoor Cycling on a whole new level! Our instructors will take you on a customized cycling experience that will motivate and inspire you.

Cycle60: Experience Indoor Cycling on a whole new level! Our instructors will take you on a customized 60-minute cycling experience that will motivate and inspire you. This class will be taught by weekly rotating instructors. A great opportunity to get to know the team!

Rhythmic Ride: Join us for this 45-minute cycle class that rides to the beat! In this class you can expect to not only work up a sweat but feel like you're grooving to the finish. Coached by our experienced instructors, you will easily be able to find your beat and follow along. Every class welcomes all levels. We can't wait to ride with you!

Performance Ride: This ride includes a series of sprints, jumps, and hills. We may add a song or two of choreography each ride which is always optional. You can expect to work hard and leave feeling accomplished.

Endurance Ride: 45 minutes of steady cycling at a wide range of RPMs. You may be on a flat road, rolling hills, or a climb. This class builds both strength and endurance on the bike.

GRHIIT Ride: This 45-minute class is designed with heavy resistance in mind! You will start class with a warmup and then work challenging intervals until cool down. With built-in recovery songs throughout the ride, it allows you to truly give it your all. We all can do hard things, and in this class, we leave nothing on the table. The takeaway is overall improvement on performance and overtime an increase in VO2 max which is the maximum amount of oxygen your body can absorb and use during exercise.

HIIT & Hills: Embark on an exhilarating journey with our HIIT and HILLS cycle ride, where power meets endurance. Feel the rush as you power through intense sprints, pushing your limits with explosive bursts of speed. Conquer rolling hills with both strength and strategy. Ascend challenging climbs, where every pedal stroke propels you higher, and makes you stronger. This dynamic fusion of HIIT and HILLS cycling promises a heart-pounding workout that ignites your passion for the ride.