

Class Descriptions



Spin

Beginner Spin

Beginner Spin great aerobic workout while learning the basics of spin at a lower intensity. Great for those who are just starting out!

Group Ride

Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!

HIIT N' Spin

This is not just a 60 minute spin class...this is High Intensity Interval Training! You will enhance your overall spin workout by improving endurance and building strength. ****No spin shoes are needed. Weights and bands will be provided for the strength training.**

R30

R30 will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! **EVERYONE FINISHES FIRST!**

Spin/Core Spin

This stationary cycle workout is designed to simulate outdoor biking while improving aerobic and muscular endurance! Take your workout to the next level blasting belly fat with Core Spin!