



2780 Lighthouse Point East

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## GROUP CYCLING CLASS DESCRIPTIONS

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<b>CYCLING</b>	<b>ALL LEVELS CAN GET A GREAT WORKOUT THROUGH THESE HIGH ENERGY, MIXED TERRAIN, FAST PACED &amp; FUN CYCLING CLASSES</b>
<b>CYCLE &amp; SCULPT</b>	<b>ADD RESISTABANDS &amp; WEIGHTS TO CHALLENGE YOUR CYCLING WORKOUT</b>
<b>RACE PACE</b>	<b>IMPROVE YOUR SPEED AND ENDUREANCE. 20 MINUTES OF TREADMILL TRAINING WITH ABS</b>
<b>TRIATHALON</b>	<b>25 MINUTES OF CYCLING + 20 MINUTES TREADMILL + 10 MINUTES OF ABS OR WEIGHT TRAINING</b>
<b>BOOT CAMP</b>	<b>HIGH INTENISTY WORKOUT COMBINING SPEED DRILLS, JUMP ROPES, AND STRENGTH TRAINING DRILLS</b>
<b>CYCLE 45</b>	<b>45 MINUTE CYCLING CLASS</b>
<b>CYCLING &amp; CIRCUIT</b>	<b>40 MINUTES OF CYCLING PLUS 20 MINUTES OF STRENGTH TRAINING</b>