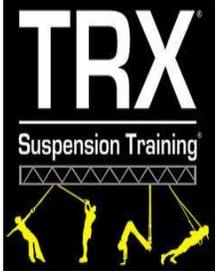




# Cycling & TRX

## Studio #3

January - April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call to sign up the night before →	5:00 - 5:45 Cycling/TRX		5:00 - 5:45 Group Cycling	Call to sign up the ← night before	
					7:45 - 8:30 sign up at front desk Group Cycling
					9:30 - 10:15 card from front desk TRX Circuit Training
	12:15 - 1:00 sign up at front desk Group Cycling Abworks 1:00 - 1:15		12:15 - 1:00 sign up at front desk Group Cycling Abworks 1:00 - 1:15		
Back on Schedule			Back on Schedule		
6:00 - 7:30 Power Cycling January 7 - March 28	6:00 - 6:45 card from front desk TRX Body Blast	6:15 - 7:00 sign up at front desk Group Cycling	6:00 - 7:30 Power Cycling January 7 - March 28		
Purchase a <b>FAST PASS</b> to reserve your Group Cycling bike. Passes are \$10 for 5 reservations.					

# Cycling and TRX

## Class Descriptions Studio #3

**Power Cycling:** Stay fit through the winter, help keep yourself at a healthy weight management and get you to the next level for your outdoor cycling. Each 90 minute class will focus on a different specific workout such as Intervals, Endurance, Power, Hills and Speed work. **CLASS IS SEASONAL ONLY RUNS THROUGH THE WINTER SCHEDULE**

**Group Cycling:** Group Cycling is an exercise class with bikes available on a first come, first serve basis. Ask an instructor or the front desk for a copy of Group Cycling policies. Cycling is an instructor-lead class on specialized stationary bikes. Different riding positions and varying the wheel resistance gives you a great cardio workout!

**INTRO TO TRX:** This class is designed for beginners to TRX. You will receive 30 minutes of basic instruction so that when you attend a full TRX class you will feel comfortable with the moves. **CLASS IS SEASONAL ONLY RUNS THROUGH THE WINTER SCHEDULE**

**TRX Body Blast:** The movements of the class work on a coordinated tempo. The class is driven by the beat of the music. You will perform sets of repetitions of each exercise move. This class is ideal for participants new to TRX suspension.

**TRX Circuit Training:** Is a boot camp style class format. Each individual chooses a pace and difficulty range, this class is driven by the clock. It is an ideal class for participants accustomed to sport-specific or boot camp style training and for those who enjoy pushing themselves to the limit of their own abilities.

**TRX/Cycling:** This class promises to give you the best of both. Cardio workout from the cycling portion, and toning and strength from the TRX. **Not always on the schedule watch each new schedule for class availability**

**TRX Suspension Training:** The movements are distinguished from traditional exercises in that the users hands or feet are generally supported by a single point while the opposite end of the body is in contact with the ground. Your desired percentage of bodyweight is loaded onto the targeted body zone and animated as an exercise movement. This suspension type workout is an ideal mix of support and mobility to train strength, endurance, coordination, flexibility, power and core. "All core all the time".