

# GROUP FITNESS VIRTUAL SCHEDULE: Summer 2024

Effective 6/17/2024 (\*\* Subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am					Virtual Sprint™ Cycle Studio		
7:00am		Virtual RPM™ Cycle Studio		Virtual RPM™ Cycle Studio	Virtual RPM™ Cycle Studio		
7:15am						Virtual Sprint™ Cycle Studio	
8:00am					Virtual RPM™ Cycle Studio		
10:00am	Virtual RPM™ Cycle Studio						
1:00pm				Virtual RPM™ Cycle Studio		Virtual RPM™ Cycle Studio	Virtual RPM™ Cycle Studio
4:00pm					Virtual RPM™ Cycle Studio		
6:15pm			Virtual RPM™ Cycle Studio				

## ***Class Registration is REQUIRED***

Purple highlighted are virtual classes



## ***Class Descriptions***

***Virtual RPM*** - With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Fun & low impact!

***Virtual Sprint*** - High Intensity Interval Training utilizing the indoor bike to achieve fast results. This style of training pushes your physical and mental limits.