



# CYCLE STUDIO SCHEDULE

## YMCA of The Highland Lakes

Updated: 3/1/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am RPM (50 min)	5:45am CYCLE with Sandra	5:30am The Trip (45 min)	5:45am CYCLE with Sandra	5:30am Sprint (30 min)	
6:30am The Trip (45 min)		6:30am Sprint (30 min)			
7:30am Sprint (30 min)		7:15am RPM (50 min)			
8:15am The Trip (45 min)		8:15am The Trip (30 min)		8:00am RPM (50 min)	8:15am RPM (50 min)
9:15am Sprint (30 min)	9:00am CYCLE with Pam	9:15am Sprint (30 min)	9:00am The Trip (45 min)	9:00am Sprint (30 min)	9:25am Sprint (30 min)
10:15am RPM (50 min)	10:15am Sprint (30 min)	10:30am The Trip (45 min)	10:15am Sprint (30 min)		
11:15am Sprint (30 min)	11:00am RPM (50 min)	11:30am RPM (50 min)	11:00am RPM (50 min)		
12:00pm The Trip (45 min)	12:00pm Sprint (30 min)		12:00pm Sprint (30 min)	12:00pm RPM (50 min)	12:45pm RPM (50 min)
1:00pm Sprint (30 min)	1:00pm The Trip (45 min)	1:00pm RPM (50 min)	1:00pm The Trip (45 min)		
1:45pm RPM (50 min)	2:00pm Sprint (30 min)	2:00pm The Trip (45 min)	2:00pm RPM (50 min)		2:00pm The Trip (45 min)
2:45pm The Trip (45 min)	2:45pm The Trip (45 min)		3:00pm Sprint (30 min)		3:00pm Sprint (30 min)
3:45pm Sprint (30 min)	3:45pm RPM (50 min)	4:00pm RPM (50 min)	4:15pm The Trip (45 min)	4:30pm Sprint (30 min)	3:45pm RPM (50 min)
4:30pm The Trip (45 min)	4:45pm Sprint (30 min)				
5:30pm Sprint (30 min)			5:45pm CYCLE with Sandra	6:30pm RPM (50 min)	
6:15pm RPM (50 min)					
7:15pm The Trip (45 min)	7:00pm Sprint (30 min)	6:40pm The Trip (45 min)	6:45pm RPM (30 min)		
8:15pm Sprint (30 min)	7:45pm RPM (50 min)	7:30pm RPM (50 min)	7:30pm The Trip (45 min)		

Live Instructor Classes are in gray. All others are virtual classes. Schedule also listed on the Y App.  
Virtual Class descriptions are listed on the back.

# LES MILLS VIRTUAL CLASS DESCRIPTIONS

## Group Ex Studio

### barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

### **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

### **BODYCOMBAT**

Get fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

### **BODYFLOW**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

### **BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit – fast.

### **CORE**

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

### **GRIT** | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

### **GRIT** | CARDIO

High-intensity interval training that improves cardio fitness.

### **GRIT** | STRENGTH

High-intensity interval training that designed to improve strength and build lean muscle.

### **SHBAM**

Fun-loving and insanely addictive dance workout. No dance experience required!

## Cycle Studio

### **RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

### **sprint**

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

### **THE TRIP**

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created world.