

Spinning Class Descriptions

Long Ride: Go on a real physical journey without leaving your seat! This ride comes complete with nonstop peaks and valleys. The goal for this ride is to endure. Get your sweat on with this one hour ride that is sure to deliver a calorie deficit! All levels.

Spin & Pump: Cardio and strength come together where riders use medium weights for upper body exercises while riding at a rapid, steady pace. All levels.

Circuit Ride: Instructor will ride you through a 45 minute routine where 5 minutes of ride is followed by a physical challenge: push ups, squats, lunges, etc. that last one minute
All levels.

Morning Spin: Instructor's choice