

Cycle 60	60 min total (Straight cycle)	Cycle is a 60-min class that provides a challenging cardiovascular workout consisting of rhythmic and cycle-specific drills. A towel and water bottle are required, and a heart rate monitor is highly recommended. All fitness levels are welcome.
Cycle Bootcamp	60 min total (Using light weights and/or body weight exercises)	Combine your favorite 60-min cardiovascular cycle workout consisting of rhythmic and cycle-specific drills with light weights for a full-body cardio and strength workout. A towel and water bottle are required, and a heart rate monitor is highly recommended. All fitness levels are welcome.
Cycle Bootcamp & Core	75 min total (60 min cycle bootcamp + 15 min core)	Combine your favorite 60-min cardiovascular cycle workout consisting of rhythmic and cycle-specific drills with light weights for a full-body cardio and strength workout. Follow it up with 15-min of core-specific work off the bike. A towel and water bottle are required, and a heart rate monitor is highly recommended. All fitness levels are welcome.
Cycle & Core	60 min total (45 min cycle + 15 min core)	Cycle & Core is a 45-min cycle class that provides a challenging cardiovascular workout consisting of rhythmic and cycle-specific drills followed by 15-min of core-specific work off the bike. A towel and water bottle are required, and a heart rate monitor is highly recommended. All fitness levels are welcome.
Cycle Flow	75 min total (45 min cycle + 30 min yoga flow)	<p>CycleFlow is a 45-min cycle class followed by a 30-min Yoga Flow class. Cycle provides a challenging cardiovascular workout consisting of rhythmic and cycle-specific drills. Yoga Flow takes the poses of Hatha Yoga and sequences them together combining breath and movement (Vinyasa) and incorporating more strength and muscular endurance, as well as moments of holding postures for flexibility. A towel and water bottle are required, and a heart rate monitor is highly recommended. All fitness levels are welcome.</p> <p>Participants are encouraged but not required to stay for the Yoga portion of this class.</p>
Cycle Foundations	60 min each x 2 parts (Straight cycle)	<p>Cycle Foundation classes are 60-min each and designed with specific physiological goals in mind. The goals change every few weeks. Classes have well-defined work and recovery periods. Things are kept simple which make classes suitable for the beginner and the elite cyclist alike. A towel and water bottle are required, and a heart rate monitor is highly recommended.</p> <p>Part 1 (Sat. 7-8am): Your intensity will be high after the warm-up and then settle in for the remainder of the hour. Part 2 (Sat. 8am-9am): Your ride will mostly be long, steady-state efforts until the end where the intensity will rise. Participants are welcome to join us for either one of the sessions, or both!</p>
Cycle Rhythm	60 min total (Ride to the beat with rhythmic movements & light weights)	Combine your favorite 60-min cardiovascular cycle workout consisting of rhythmic and cycle-specific drills with the focus on riding to the beat of the music while incorporating movements including push-ups, triceps dips, tap backs and more. Instructors may also include light weights for an added strength component. A towel and water bottle are required, and a heart rate monitor is highly recommended. All fitness levels are welcome.
Cycle Rhythm Hip Hop	45 min total (Ride to the beat in this high intensity class)	Combine your favorite cardiovascular cycle workout consisting of high intensity rhythmic and cycle-specific drills with the focus on riding to the beat of the music using hill climbs, varying resistance, and fast cadences all to Hip Hop and R&B music. A towel and water bottle are required, and a heart rate monitor is highly recommended.