

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00 am Les Mills RPM Amber D.		5:15-6:00 am Opti-Ride Stephanie S.				
	8:30-9:30 am Opti-Ride + Roll Val J.		8:30-9:00 Opti-Ride Josh R.			
9:30-10:15 am Opti-HIIT Cycle Heidi C.		9:30-10:15 am Les Mills RPM MaKenzie G.			9:30-10:15 am Les Mills RPM Traci G. / Amber D.	
			10:00-10:30 am Les Mills RPM™ Traci G.			
5:30-6:15 pm Opti-Ride Josh R.		5:30-6:15 pm Opti-Ride Ivette J.				

All classes and class descriptions can be accessed and booked on the Opti-Life App. Class schedule can change without notice, so please use the app for most up-to-date class information.

CLASS DESCRIPTION

Opti-HIIT Cycle

Want to see BIG results? Try this workout! Following the ACSM guidelines for High Intensity Interval Training, Members will experience bouts of intensity at 80-95% of your maximum heart rate followed by periods of rest at 40-50% of your maximum heart rate. The rest and work ratio will vary and continue for the entire cycle class. Give it a try!

Les Mills RPM™

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low-impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your Instructor takes you on a journey of hill climbs, sprints, and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack. This class offers both 30 and 45-minute formats.

Opti-Ride

This class is a pure indoor cycle that includes HIIT training, hills, sprints, flat land, and climbs. From cardio to strength, you will leave with a great sweat and worked legs.

Opti-Ride + Roll

Join us for 45-minute Opti-Ride followed by 15 minutes of Foam Rolling. The myofascial release will be welcomed by your muscles and prepare you for a quick recovery.