



## Indoor Cycling October 2017\*

\*Virtual classes in Essex start Monday October 9th

	<b>Essex</b> Gauthier Drive 879-7734	<b>South Burlington</b> W. Twin Oaks Terrace 658-0001
<b>Monday</b>	5:30am Jaime 9:00am Ken 12:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:15 pm RPM Kaitie 5:30 pm Dave	6:00am Jess 7:15am <b>SPRINT</b> Jen 2:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:00 pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30pm Cathi
<b>Tuesday</b>	9:00am Sean 3:00 pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30 pm Janette	6:00am Ron 8:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm <b>RPM</b> Njama 2:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:00 pm <u>Orientation Karyn</u> <u>10/10 only</u> 6:00pm <b>Karyn</b>
<b>Wednesday</b>	5:30am Jim N 10:00 am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:00 pm RPM Kaitie	7:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 9:00am <b>RPM</b> Jen 12:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:00 pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30pm Ken
<b>Thursday</b>	9:00am Ken 4:45 pm <b>SPRINT</b> Sara	6:00am Jim G 10:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm <b>RPM</b> Njama 2:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30pm <b>RPM</b> Jim N
<b>Friday</b>	5:30am Aimee 9:00am Sean 6:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b>	5:45am <b>RPM</b> Jim N 8:15am Deb N 12:15pm <b>SPRINT</b> Njama 4:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b>
<b>Saturday</b>	8:00am Jaime 2:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b>	8:00am Jim G/Aimee 4:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b>
<b>Sunday</b>	8:00am <b>RPM</b> Kaitie 9:00 am <b>SPRINT</b> Kaitie 4:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b>	8:30 am <b>RPM</b> Mary Jean 2:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b>

**Please arrive to class at least 5 minutes prior to the start of class. Be ready to ride at the scheduled start time. In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your bike will be given to a waiting member.**

Orientation classes: If you are new to indoor cycling we recommend an orientation class. You will learn proper setup for your bike and the basics of any cycling class. Instructor will explain class formats and take you on a short ride. Class is approximately 45 minutes. Orientations are offered in South Burlington at our West Twin Oaks Terrace facility.

**Orientation 10/10 5:00 pm West Twin Oaks**

If you need an intro please contact [micheller@edgevt.com](mailto:micheller@edgevt.com) to arrange.

**LES MILLS  
RPM Les Mills RPM**

45 minutes of cycling set to great music with a motivating coach who leads the pack through hills, flats, mountain peaks and speed work.

**Les Mills SPRINT**

30 minute workout of high intensity, designed using an indoor bike to achieve fast results. Built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LM SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout! You don't need to be a cyclist for a SPRINT class but you will need some level of fitness. We recommend HIIT training 2x/week as part of a balanced workout plan.

**LES MILLS  
RPM VIRTUAL**

Virtual Class RPM™ is an indoor cycling program for developing cardiovascular capacity. Burning up to 500 calories in a single class. RPM™ is about high energy, having fun, and reducing body fat. RPM™ provides fast improvement in general endurance and an increase in lower body strength. Try this 'rock concert on wheels'...you will love it!

**All other cycling classes are instructor choice classes and will vary in format.**

**Sign-ups are allowed up to 4 days in advance beginning at 11:00 am  
online or by phone.**

**Members may sign up for ONE CLASS PER DAY.**

**No shows will lose the privilege to sign-up for a class in advance the following week.**

"Like" the EDGE GROUP FITNESS page on FACEBOOK! This is where you will find news, updates, and information specific to all group fitness classes at all EDGE locations!

**Check out our website at [www.edgevt.com](http://www.edgevt.com)**

Instructors are subject to change and we reserve the right to cancel classes due to lack of participation. Class may be cancelled if less than 3 participants are present at the time class is to begin.

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