



Indoor Cycling November 2017

Essex* South Burlington*

Monday	5:30am Jaime 9:00am Ken 12:00pm <small>LES MILLS</small> RPM VIRTUAL 4:15 pm RPM Kaitie 5:30 pm Dave	6:00am Jess 7:15am <small>LES MILLS</small> SPRINT Jen 2:00pm <small>LES MILLS</small> RPM VIRTUAL 4:00 pm <small>LES MILLS</small> RPM VIRTUAL 5:30pm Cathi
Tuesday	5:30am <small>LES MILLS</small> RPM VIRTUAL 9:00am Sean 3:00 pm <small>LES MILLS</small> RPM VIRTUAL 5:30 pm Janette	6:00am Ron 8:00am <small>LES MILLS</small> RPM VIRTUAL 12:00pm <small>LES MILLS</small> RPM Njama 2:00pm <small>LES MILLS</small> RPM VIRTUAL 5:00 pm Orientation Karyn <u>11/14 only</u> 6:00pm Karyn
Wednesday	5:30am RPM Jim N 10:00 am <small>LES MILLS</small> RPM VIRTUAL 4:00 pm RPM Kaitie	7:00am <small>LES MILLS</small> RPM VIRTUAL 9:00am <small>LES MILLS</small> RPM Jen 12:00pm <small>LES MILLS</small> RPM VIRTUAL 4:00 pm <small>LES MILLS</small> RPM VIRTUAL 5:30pm Ken
Thursday	5:30am <small>LES MILLS</small> RPM VIRTUAL 9:00am Ken 12:00 pm <small>LES MILLS</small> RPM VIRTUAL 4:45 pm SPRINT Sara	6:00am Jim G 10:00am <small>LES MILLS</small> RPM VIRTUAL 12:00pm <small>LES MILLS</small> RPM Njama 2:00pm <small>LES MILLS</small> RPM VIRTUAL 5:30pm RPM Jim N
Friday	5:30am Aimee 9:00am Sean 5:00pm <small>LES MILLS</small> RPM VIRTUAL	5:45am RPM Jim N 8:15am <small>LES MILLS</small> RPM VIRTUAL 9:15 am Jody 12:15pm SPRINT Njama 4:00pm <small>LES MILLS</small> RPM VIRTUAL
Saturday	8:00am Jaime 9:30 am Sean 3:00pm <small>LES MILLS</small> RPM VIRTUAL	8:00am Jim G/Aimee 4:00pm <small>LES MILLS</small> RPM VIRTUAL
Sunday	8:00am RPM Kaitie 9:00 am SPRINT Kaitie 1:00pm <small>LES MILLS</small> RPM VIRTUAL	8:30 am RPM Mary Jean 2:00pm <small>LES MILLS</small> RPM VIRTUAL

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 11/14 5:00 pm West Twin Oaks.



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.



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

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.

Kim Graham kimg@edgevt.com 860-3343 x1124 Michelle Rivard micheller@edge.vt.com 860-3343 x1225

***Essex Indoor Cycle Studio Gauthier Dr**

***South Burlington Cycle Studio West Twin Oaks Terrace**