



November Indoor Cycling 2018  
Essex\* South Burlington\*

Monday	5:30am JAIME 9:00am KEN LESMILLS 12:00pm  RPM VIRTUAL LESMILLS 4:30 pm  RPM BETSY 5:30 pm  virtual	6:00am  RPM VIRTUAL 7:15am   JEN LESMILLS 9:00 am  RPM VIRTUAL LESMILLS 4:30 pm  RPM VIRTUAL 5:30pm KEN
Tuesday	LESMILLS 5:30am  RPM VIRTUAL LESMILLS 7:15 am  RPM VIRTUAL 9:00am SEAN LESMILLS 12:00pm  RPM VIRTUAL LESMILLS 3:00 pm  RPM VIRTUAL 5:30 pm JON	6:00am RON LESMILLS 8:00am  RPM VIRTUAL LESMILLS 12:00pm  RPM NJAMA LESMILLS 4:00pm  RPM VIRTUAL 5:00 pm Orientation Nov 13 6:00pm KARYN
Wednesday	LESMILLS 5:30am  RPM JIM N 9:00am KEN LESMILLS 11:00 am  RPM VIRTUAL LESMILLS 12:00 pm  RPM VIRTUAL LESMILLS 4:30 pm  RPM KRISTY LESMILLS 6:30 pm  RPM VIRTUAL	LESMILLS 6:00am  RPM VIRTUAL LESMILLS 7:00am  RPM VIRTUAL LESMILLS 9:00am  RPM JEN LESMILLS 12:00pm  RPM VIRTUAL LESMILLS 4:30 pm  RPM VIRTUAL 5:30 pm   virtual
Thursday	LESMILLS 5:30am  RPM VIRTUAL LESMILLS 7:15 am  RPM VIRTUAL LESMILLS 9:00 am  RPM BETSY 12:00 pm   SEAN 5:45 pm   virtual LESMILLS 6:30 pm  RPM VIRTUAL	LESMILLS 6:00am   virtual LESMILLS 7:15 am  RPM VIRTUAL LESMILLS 11:00am  RPM VIRTUAL LESMILLS 12:00pm  RPM NJAMA LESMILLS 4:00pm  RPM VIRTUAL LESMILLS 5:30pm  RPM KRISTY LESMILLS 7:00 pm  RPM VIRTUAL
Friday	5:30am AIMEE 9:00am SEAN LESMILLS 12:00 pm  RPM VIRTUAL 4:00pm  RPM VIRTUAL	LESMILLS 5:45am  RPM JIM N LESMILLS 8:15am  RPM VIRTUAL 12:15pm   NJAMA LESMILLS 4:15pm  RPM VIRTUAL
Saturday	8:00am JAIME 9:30am SEAN LESMILLS 11:00am  RPM VIRTUAL LESMILLS 2:00pm  RPM VIRTUAL LESMILLS 5:00pm  RPM VIRTUAL	8:00am AIMEE 12:00pm   virtual 4:00pm  RPM VIRTUAL
Sunday	LESMILLS 8:00am  RPM KAITIE 9:00 am   KAITIE/SARA LESMILLS 12:00pm  RPM VIRTUAL LESMILLS 4:00pm  RPM VIRTUAL	LESMILLS 8:30 am  RPM MARY JEAN 2:00pm  RPM VIRTUAL

**Please be sure to check in at the front desk to receive your “ticket” for class. You must have this to present to your instructor before you start your ride. Please arrive to class at least 5 minutes prior to the start of class to allow for set up. 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.

### **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. Featuring 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 your 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!



Virtual Sprint is a 30 min HIIT class on an indoor bike. Follow motivating international instructors on the big screen with great music and an amazing 30 min of work to get you fitter, faster!

**NOTE: there is a bike set up video 5 minutes prior to the start of all virtual classes.**

**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 at [www.edgevt.com](http://www.edgevt.com), on our app, or by phone.**  
**Members may sign up for ONE CLASS PER DAY.**

“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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