








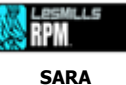














## RIVERSIDE CYCLING STUDIO CLASS SCHEDULE FEBRUARY 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	 CHERI	 JENN K.	 JENN K.	 JENN K.		(7:00 a.m.)  JEN C.	
7:45 AM			(7:00 a.m.)  MICHELLE		(7:00 a.m.)  LAURIE	 LAURIE	
9:00 AM	 JEN	 ANJA	(9:00 -10:15 am)  ANJA	 SARA	02/03/17  LOUIS	 MICHELLE V.	(9:00-10:30 am)  LOUIS
12:00 PM	 STEFANIE		 SARA		 CHERI		
4:45 PM	 GREG	 LAURIE	 LIZ	 MICHELLE Z.			
6:00 PM	 LOUIS	 TORI	 MICHELLE V.	 LOUIS			

- Members are required to sign-up for all classes.
- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.
- For safety purposes, classes are closed 10 minutes after their scheduled start time.

**6210 Riverside Plaza Ln NW  
Albuquerque, NM 87120**  
(505) 899-0086 Get in the know. Please download our APP for our most current and up to date classes.

**JUMP START**

Jump start your cycling journey the first Friday of every month at all gym locations. We'll cover all bike basics and you'll gain more confidence with your cycle workout!

**SURGE**

Feel your workout surge when you combine cycling and group fitness! You'll spend half your time cycling and the other half in the group fitness studio for the ultimate workout. Please bring athletic shoes for the group fitness portion of class.

**PUMP'D**

Get pump'd riding through various terrains. You'll maximize your "after burn" to increase your overall fitness level while maintaining strength, power, speed and endurance.

**GRIND**

In 30-minutes you'll push yourself to the limit as you grind your way through this High Intensity Interval Training H.I.I.T. workout that will leave you burning for more.

**MIX'd**

Mix it up with Tabata, speed, strength drills, and a mix of your favorite hit music for this next level 60-minute interval class.

**PEAK**

Take your cycling workout to another level when you climb your way to the top with this power, strength and speed class.

**TREK**

If you are in it for the long haul, this 90-minute endurance ride will help perfect your cadence work during your cycling journey.

**RPM™**

The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.