



# BLUE MOUNTAIN January Cycling



HEALTH & WELLNESS Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960 / peak-

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Cycle Pump</b> 9 am Bristol	<b>*New Cycle</b> 5:30 am Dan	<b>*Senior Cycle</b> 10:30-11am Heidi	<b>Cycling Intervals</b> 5:30 am Monique	<b>Cycle Pump</b> 9 am Bristol	<b>Griz Spin</b> 8 am Dan	
<b>Cycle &amp; Circuit</b> Noon Heidi	<b>Cycle</b> 8 am Kristi	<b>Cardio 20/20/20</b> Noon Angie	<b>Cycle</b> 8 am Christy Jo			
<b>Cycle</b> 5:30 pm Kammy	<b>Cycling Intervals</b> 10 am Richel  <b>Cycling Intervals</b> 5:30 pm Monique	<b>Road Profiles</b> 5:30-7 pm Tamara	<b>Cycling Intervals</b> 10 am Janelle  <b>Tri Training</b> 5-6 pm swim/Ellen 6:15-7:15 pm cycling 7:15-8 pm run/Rob			

**Les Mills Body Pump  
Demo Classes  
All Members Welcome**  
 Blue Mountain  
 Wednesday, Jan 3, 5:30 pm  
 Saturday, Jan 20, 11:30 am

**Dec 31 & Jan 1  
Club Hours: 7 am-8 pm**  
**Modified Class Schedule Jan 1**  
 Blue Mountain  
 8 am Cycle/Dan  
 9 am Boot Camp/Bridgette  
 10:15 am Oula/Lizzie & Katie  
 Downtown  
 10-11:15 am Yoga/Isabelle  
 Jungle Closed January 1

\* 30 Minute class  
 \*\*Please note that instructors are subject to change.



# Cycling Class Descriptions

<b>General Cycling Overview</b>	Indoor cycling integrates motivating music, mind-body synergy and unparalleled training benefits. Stationary bicycles are used to simulate the effects of inertia and momentum. Whether you're a beginner or an experienced cyclist, bikes can be adjusted to meet your individual ability or physical need. Your instructor will lead you through different styles of rides focused on endurance, strength, intervals, high intensity and recovery. A total-body workout to burn calories, strengthen your cardiovascular system and increase muscular endurance. <b>Recommended equipment: cycling/tennis shoes, padded shorts, water bottle.</b>
<b>Intermediate to Advanced Level Classes</b>	Classes are not exclusive to the experienced rider, as they can be self-regulated and the bikes adjusted to meet the individual ability of the novice or beginner.
<b>Cardio 20/20/20 (all levels)</b>	This class includes three 20 minute intervals including cycling, circuit training and core training. This is a workout to produce total body results.
<b>Cycle &amp; Circuit (all levels)</b>	Cardio and strength come together when simulating an outdoor ride with sprints, hill climbs and other terrain, the class ends with a variety of circuit exercises on gym floor.
<b>Cycling Interval</b>	Combines short, high intensity burst of speed, with slow recovery phases. This is repeated several times with variations throughout the class.
<b>Cycle Pump (intermediate to advanced)</b>	Start this ride with fast paced cycle intervals, then move on to the finish line with a challenging array of resistance training exercises.
<b>Cycle Pump &amp; Core</b>	Start with 45 minute ride with fast paced cycle intervals, then move on to 45 minutes of a challenging array of resistance training exercises. Do one or both.
<b>Griz Spin (intermediate to advanced)</b>	This one is the instructor's choice. Burn calories while improving cardiovascular endurance and muscular strength.
<b>Road Profiles (all levels)</b>	Come ride it or race it! This class offers a variety of video outdoor road profiles with emphasis on proper riding techniques to improve your outside ride in the off season. <b>2 water bottles recommended.</b>
<b>Senior Cycle</b>	30 minutes of cycling cardio at a low-moderate intensity. Please bring a water bottle.
<b>Tri Training (all levels)</b>	Work on your speed, form and endurance with certified triathlon instructor, Rob. Start in the pool, transition to cycling, finish with a run. Come to one, two or all three.