



Strength & Spin

w/ Katie

M-W at 4:30-5:30pm

Two classes in one!

For the first 40 minutes, we'll focus on building full-body strength by utilizing light barbells, hand weights, and body weight to tone muscle, build strength and bone density, and burn fat. We'll work our major muscle groups to epic beats following a high repetition and low weight format.

After a 5 minute break we'll transition to the indoor cycling bikes for a 30 minute ride.

The cycling portion of our class will focus on endurance, intervals (HITT/Tabata), strength, and speed. Each class will have new music from all decades and genres. We'll have fun by riding to the beat and grooving to the rhythm. This class is open to all fitness levels and will provide options to modify to make the workout work for you.

You'll leave each class feeling accomplished as you'll be in control of how hard you work. Join us for the whole class or just the strength or spin portion.

Encouraging

Knowledgeable

Friendly

Supportive

FUN!

**Great class to
Start**

**Getting back in
Shape!**

Beginners Welcome!
Lots of modifications!

