

Princeton Club West Cycle Classes by Category

NEW PARTICIPANTS: Please arrive 10 minutes prior to class time. Your instructor will help you with bike set-up.

The pedals on the bikes are dual-sided: cages to accommodate sneakers and SPD clips for clipping in.

WORKOUT PARTY RIDES

Cyclub: Uses lights and powerful beats to create a party vibe that carries riders through an **interval-based** ride

RhythmBurn: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike resistance band/light weight circuit

RhythmCore: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike core circuit

RhythmReps: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** enhanced by lights that includes off-bike conditioning circuits in a bootcamp-style workout

OUTDOOR RIDING INSIDE

Spin: Recreates the experience of road cycling with standing and seated intervals that guide riders over flat roads, steep mountains, and rolling hills

Intro to Spin: **offered the first Monday of each month**
Teaches the basics of proper bike set up, working with resistance, body positioning, and pacing used in Spin classes

Spin Core: Combines a challenging, one-hour ride with 15 minutes of post-ride exercises focused on core strength, balance, and flexibility

HIIT Cycle: Pairs intervals of focused effort using resistance & speed with periods of recovery in varied base RPMs for an exhilarating experience

LES MILLS FORMATS

RPM by Les Mills: Provides a journey through mixed terrain that maintains an aerobic heart rate zone with short bursts of intensity that push riders to reach cardio peaks




SPRINT by Les Mills: Utilizes short bursts of maximum intensity, followed by periods of complete rest, to stimulate Excess Post-Exercise Oxygen Consumption (EPOC), helping riders burn calories for up to 9 hours post-workout

LES MILLS VIRTUAL CLASS THE TRIP™: Creates a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds

West Cycle Studio Schedule

To reserve your spot, registration - available 49 hours prior to class start time - is required. ****Must be age 12+ to attend all group classes****

Virtual Les Mills OnDemand classes are available when live classes are not scheduled.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00-6:45am  VIRTUAL THE TRIP			6:00-7:15am Spin Core	
		8:15-9:00am RhythmReps		8:15-8:45am  sprint		8:00-8:45am  LES MILLS RPM
9:15-10:15am Spin	9:00-10:00am Spin		9:00-10:00am Spin		9:00-9:45am RhythmReps	
	5:30-6:15pm Cyclub	5:30-6:15pm RhythmCore	5:30-6:15pm Rhythm Rotation	5:30-6:15pm RhythmBurn		
	6:30-7:30pm Intro to Spin (First Mondays)					