

## 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

**Rhythm45:** Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-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** that includes off-bike conditioning circuits in a bootcamp-style workout

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

### OUTDOOR RIDING INDOORS

**Spin:** Recreates the experience of road cycling with standing & 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 ride with post-ride exercises focused on core strength, balance, and flexibility

### LES MILLS FORMATS

**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

**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



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

**Les Mills SPRINT, RPM, and THE TRIP™** offered virtually for member use in the Cycle Studio when classes are not scheduled

## West Cycle Studio Schedule :: Effective February 1, 2026

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
		5:30-6:15am <b>Rhythm45</b>			6:15-7:00am 	
		8:15-9:00am <b>RhythmReps</b>		8:15-8:45am 		8:00-8:45am <b>LES MILLS RPM</b>
9:15-10:15am <b>Spin</b>	9:00-10:00am <b>Spin</b>		9:00-10:00am <b>Spin</b>	9:00-10:15am <b>Spin Core</b>	9:00-9:45am <b>RhythmReps</b>	
	5:30-6:15pm <b>CYCLUB</b>	5:30-6:15pm <b>RhythmCore</b>	5:30-6:15pm <b>Rhythm Rotation</b>	5:30-6:15pm <b>RhythmBurn</b>		
	6:30-7:30pm <b>Intro to Spin</b> <i>(First Mondays)</i>					