

CLASS DESCRIPTIONS

 If you see this symbol on the schedule that means the class is a **virtual class** and there is no instructor teaching the class other than on the video you will be watching. Come in, hop on a bike, and get a great workout on your own time.

LES MILLS **sprint**

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This high intensity, low impact workout is scientifically proven to return rapid results. The 30-minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast burning up to 450 calories.

LES MILLS **RPM**

RPM™ is a group indoor cycling workout where you control the intensity. It's a fun, low impact class where you can burn up to 675 calories in a 50 minute class. We offer 30 minute or 50 minute Virtual RPM classes.

With great music pumping, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

LES MILLS **RPM**

-Our live RPM classes offer amazing instructors that will help you with your bike set-up, encourage you and be your own personal coach so that you can get the most out of your workout. Feel free to ask questions before and after class and get to know your instructor. We offer 45-minute or 1 hour RPM classes with the instructor.