



# *Indoor Cycling*

**@THEMUSWELLHILLCLUB**

**DAY**

**MORNINGS**

**EVENINGS**

**M**

**10.00 Virtual Class**

**19.00 Beats Ride, Naz**

**T**

**9.45 Power Ride, Marta**

**19.00 Virtual Class**

**W**

**8.00 Power Ride, Marta**

**19.00 Virtual Class**

**T**

**10.00 Virtual Class**

**19.00 Classic Ride, Paul**

**S**

**10.00 Beats Ride, Naz**

**S**

**9.30 Beats Ride, Demi NEW**

**Our virtual classes use the latest technology from LIFEFITNESS on our 110inch projector screen on our ICG6 bikes.**

**Don't forget you can do a virtual class at anytime of day. Just ask our friendly team on reception to set it up for you.**

**MUSWELLHILLCLUB.COM**



# *Class Descriptions*

## **Classic Ride**

Class Description:

Build fitness through cycling to music using RPM, hills, intervals and sprints

## **Power Ride**

Class Description :

Guided intensity/energy level class – light to maximum effort assigned to colours. The goal of this ride is to improve your performance and power. Class will push you to your individual limit and maximize your training. 1-2-1 induction to be completed before first class.

## **Beats Ride**

Class Description : High energy class with a strong beats of the music. You will improve your stamina & rhythm. If upper body movement is your thing, you can groove along to some uplifting tunes or you can just ride.

## **Virtual Ride**

Take a scenic cycle through some of the most stunning landscapes in the world and get immersed in the zone with our 110 inch screen. This is on demand at your convenience, just ask at reception for a demo

