



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY Campo Indoor Cycling Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	LES MILLS RPM Deanna	Strength Ride Casey	Power Ride Casey	LES MILLS RPM Michele	LES MILLS RPM Allison (1 Hour)		
8:10am	Interval Ride Penny	Power Ride Cindy M.	LES MILLS RPM Audrey	Road Ride Lisa	Road Ride Penny	LES MILLS RPM Michele/Chris	
9:10am	LES MILLS RPM Cyndi	Road Ride Nanci	Road Ride Donna	Ineterval Ride Penny	LES MILLS RPM Cyndi	LES MILLS RPM Chris	
10:10am				LES MILLS RPM EXPRESS Alicia		LES MILLS RPM Deanna	
1pm							LES MILLS RPM Michele/Chris
3pm							LES MILLS RPM Jennifer
4:30pm	LES MILLS RPM EXPRESS Susie	LES MILLS RPM EXPRESS Susie		LES MILLS RPM EXPRESS Susie			
5:10pm	LES MILLS RPM Susie	LES MILLS RPM Jennifer	LES MILLS RPM Chris	LES MILLS RPM Susie	LES MILLS RPM Michele		
6:10pm	LES MILLS RPM Michele	LES MILLS RPM EXPRESS Chris	LES MILLS RPM Deanna				
7pm				LES MILLS RPM Jennifer			

Families are welcome to cycle together! 10-12 years must be accompanied by a parent after completing a Youth Orientation Class. See the Welcome Center to enroll. You must be hip height to the seat of the bike and able to reach the pedals without locking out the knee. Instructors are trained on proper bike setup and will check youth prior to riding.

**An Introduction to Cycling Class is offered on the first Sunday at 1:45pm and the first Thursday at 11:00am each month. This 30 min. class is designed to introduce you to proper bike setup, different riding positions, bike safety and more and is recommended for first-time riders.



WE'RE MOBILE! Be sure to view your exercise schedule on our mobile app.



Indoor Cycling Class Information

FREE to Members!

Indoor group cycling is a class that is designed to be an individually paced journey to mental and physical wellbeing. By adjusting the resistance knob on your bike, all fitness levels can participate and work at your own individualized level. All of our instructors are nationally certified. Cycling is an entirely different type of fitness workout than any other cardiovascular activity. Give yourself time to get 'cycle fit' by coming regularly for an appropriate period of time. You WILL see and feel a difference in your fitness! All classes are approximately 45 minutes in length, unless otherwise noted.

- Cycling is the only class here at the Campo Y that we ask members to sign up in advance for. For your convenience, you may call up to 24 hours in advance to reserve a bike or you may sign up when you arrive at the facility, if space is available. You may only reserve a bike for yourself. If the class is full, there will be a waiting list available. You must be on your bike 5 minutes before class begins. If you're not, your bike may be given to someone on the waiting list. Also, once in the room, saving a bike for someone other than yourself is not permitted.
- If you are new to cycling, please ask the instructor for assistance in setting up your bike to ensure a safe, fun ride.
- What should I bring to cycling class? A water bottle and a towel are a must! If you have a heart rate monitor, bring that along as well. However, heart rate monitors, bike shorts, special cycling shoes are not required.
- Members are asked to clean their own bikes post-class using the provided wipes. However, if you know that you sweat a lot, you are responsible for bringing an appropriate number of workout towels to absorb.

Indoor Cycling Class Descriptions

Endurance, Strength and Interval Classes: Each class works a different energy zone. Endurance keeps you pacing and tracking a steady heart rate while challenging the mind to endure. Strength builds lean muscle through consistent moderate to heavy resistance and a steady heart rate. Intervals will bring the heart rate up and then allow for active recovery.

Express: These classes are approximately 30 minutes long.

Power: Gear it up! Class focus is riding with resistance. Strong climbs and sprints with resistance will help you build your inner and outer Power. Modern music and motivation are combined with great indoor cycling moves to create the ride of your life!

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on mixed terrains with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Road Ride: Simulate riding outdoors through flats, hills, maybe even a mountain climb or two! Your expert instructor will take you on a fitness journey with a different terrain each week set to incredibly motivating music!
