

WINTER 2019 CYCLE ROOM SCHEDULE



Effective 1/28/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Virtual Ride 30	6:30am Virtual Ride 30	5:30am Virtual Ride 30	6:30am Virtual Ride 60	6:00am R30	6:00am Virtual Ride 60	8:30am RIDE
8:30am RIDE	8:30am R30	8:30am Cycling	12:00pm Virtual Ride 30	8:30am Cycling	8:45am R30	12:00pm Virtual Ride 60
9:45am R30	12:00pm Virtual Ride 60	12:00pm Virtual Ride 60	4:00pm Virtual Ride 60	9:45am R30	12:00pm Virtual Ride 60	3:00pm Virtual Ride 60
12:00pm Virtual Ride 60	4:00pm Virtual Ride 30	4:00pm Virtual Ride 30	6:30pm R30	11:00am Virtual Ride 30	3:00pm Virtual Ride 30	
4:00pm Virtual Ride 30	6:15pm R30	6:00pm R30	8:00pm Virtual Ride 60	5:30pm RIDE		
6:15pm R30	8:00pm Virtual Ride 60	8:00pm Virtual Ride 60		8:00pm Virtual Ride 60		
8:00pm Virtual Ride 60						

***For the Ride and the R30 classes Please do not reserve Spin Bikes for others. It is a first come first serve basis.**

Group RIDE This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get the all the benefits of authentic interval training. Ride On!

R30: Get fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

Virtual Ride 30- This is a Virtual 30 minute ride along different terrains from Scotland to the high mountains of the Rockies. Burn calories and enjoy the views. The TV will automatically come on in the cycle room according the scheduled times. Bring some water and a towel and have some fun!!! Located in the Cycle room.

Virtual Ride 60- This is a 60minute virtual class experience. You will see inspiring views of different countries, from shorelines to mountain tops. The coach will guide you through intervals, surges, and races. The TV will automatically start at the scheduled time. Bring some water and a towel and enjoy the ride. Located in the cycle room.

Cycling: A group cycling workout on special stationary bikes. The instructor takes you on a journey set to music which you complete at your level. All levels 50 minutes

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