

THEMED CYCLE RIDE

Join us in the Cycle Room this month for special themed cycle rides! Every class features a fresh playlist and two classes feel the same, but each one is designed to challenge, motivate, and keep you moving.

Monday, 1/5
6:00pm

Sunday, 1/11
8:30am

Thursday, 1/15
9:15am

Wed., 11/21
6:30pm

Sunday, 1/25
8:30am

Sunday, 30
10:15am

New Years Resolution Ride
with Lori

Taylor Swift vs. Lady Gaga
with Lauren

Dance Hall Ride
with Diana

80's Freestyle vs. 90's Alternative
with Mike

Vegas Day Club
with Zack

Southern Classic Rock
with Kim

REGISTER ON THE ALL SPORT APP OR AT THE FRONT DESK.