



***Early Monday Morning
Two Options***

5:15 to 5:45 A.M. & 6:00 to 6:30 A.M.

RAC Cycle Studio

On the Fall Schedule, starting September 9

Short, challenging and high intensity “orange” cycle classes are meant to encourage participants to work at the upper ends of their cardiovascular comfort zone. In doing so, the goal is to boost metabolism and improve cardiovascular fitness.

These classes are on the group fitness schedule. No fee or sign-up required. If needed, arrive 10-5 minutes early for assistance with setting up the bike.

