

NEW HOPE VIRTUAL RIDE CLASS SCHEDULE



Effective MARCH 5 - APRIL 5, 2019

MONDAY

Virtual Ride | Pedal Power | 60 min.
10:30am, 1:00pm, 2:30pm, 4:00pm, 8:00pm

TUESDAY

Scenic Ride | Just North Of Summer | 40 min.
5:45 am, 11:00am, 1:00pm, 2:30pm, 4:00pm, 5:30pm, 8:00pm

WEDNESDAY

Virtual Ride | Cycle HIIT | 30 min.
8:00am, 10:15am, 1:00pm, 2:30pm, 4:00pm, 8:00pm

THURSDAY

Virtual Ride | Cycling 2 | 60 min.
5:45am, 11:00am, 1:00pm, 2:30pm, 4:00pm, 5:30pm, 8:00pm

FRIDAY

Scenic Guided Ride | Panoramic | 50 min.
7:00am, 11:00am, 1:00pm, 2:30pm, 4:00pm, 6:00pm, 8:00pm

SATURDAY

Virtual Ride | Revolution 27 | 60 min.
12:00pm, 2:30pm, 4:00pm

SUNDAY

Scenic Guided Ride | Passo Dello Stelvio | 50 min.
12:00pm, 2:30pm, 4:00pm

VIRTUAL RIDE

This interval based ride focuses on improving cardio fitness.
May or may not be led by an instructor.

SCENIC GUIDED RIDE

This class allows you to enjoy the scenery while improving your cardio fitness. May or may not be led by a virtual coach.
May or may not use props (ie. timer, etc).

SCENIC RIDE

Enjoy the scenery only as you ride various locales around the world.
No virtual instructor present.

INTRO TO SPINNING

We strongly recommend that beginners to indoor cycling take Intro to Spin, *whether you intend to ride in a live or virtual class*. Intros are held throughout the month. See member services for more information.

DISCLAIMER

Virtual rides are unmonitored. Ride at your own risk.
If you require assistance, please see the trainer on duty.

*Class times are approximate.

REGISTRATION

Please register for virtual cycling classes just as you do for live Spinning classes (25 hour sign-up policy does NOT apply to virtual classes). Call 215.862.2200 or register online at www.cornerstoneclubs.com

Cornerstone New Hope
322 W. Bridge Street
215.862.2200