

# NEW HOPE VIRTUAL RIDE CLASS SCHEDULE



Effective NOVEMBER 4 - DECEMBER 2, 2018

## MONDAY

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

## TUESDAY

Scenic Guided Ride | El Pueblo | 50 min.  
5:45 am, 11:00am, 1:00pm, 2:30pm, 4:00pm, 5:30pm, 8:00pm  
*\*No 8:00pm ride on 11/20*

## WEDNESDAY

Scenic Ride | Flint Hills | 60 min.  
8:00am, 10:15am, 1:00pm, 2:30pm, 4:00pm, 8:00pm

## THURSDAY

Scenic Guided Ride | Ireland Tour | 60 min.  
5:45am, 11:00am, 1:00pm, 2:30pm, 4:00pm, 5:30pm, 8:00pm

## FRIDAY

Scenic Guided Ride - SCI FI | Hit The Road | 30 min.  
7:00am, 11:00am, 1:00pm, 2:30pm, 4:00pm, 6:00pm, 8:00pm

## SATURDAY

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

## SUNDAY

Virtual Ride | Revolution #22 | 60 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](http://www.cornerstoneclubs.com)

**Cornerstone New Hope**  
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