

INDOOR CYCLING SCHEDULE

Effective February 29, 2019

LIVE CYCLING CLASSES

DAY	TIME	CLASS	INSTRUCTOR	DURATION
Monday	9:30am	Cycling	Amy	45 min.
Monday	6:00pm	Cycle Express	Veronica	45 min.
Wednesday	9:30am	Cycling	Kathleen	60 min.
Wednesday	6:00pm	Cycle Express	Grace	45 min.
Friday	9:30am	Cycle Express	Kathleen	45 min.
Saturday	8:30am	Cycling	Barb	60 min.

NOTE: 25 hour sign-up policy applies to live spinning classes.
Register online at www.cornerstoneclubs.com or call 215.918.5900

VIRTUAL INDOOR CYCLING SCHEDULE: 2/29 - 4/3

Monday | Cycling Pro, Los Angeles | 60 min.

6:00am 12:00pm 4:30pm 8:00pm

Tuesday | Col du Portet | 50 min.

5:45am 7:30am 9:30am 1:00pm 4:30pm 5:30pm
7:30pm

Wednesday | Col de Tourmalet | 55 min.

6:00am 12:00pm 4:30pm 8:00pm

Thursday | Trossachs Loop, Scotland | 40 min.

5:45am, 7:30am 1:00pm 4:30pm 5:30pm 7:30pm

Friday | Ride HIIT #2 | 30 min.

6:00am 7:30am 11:00am 4:30pm 5:30pm 6:30pm

Saturday | Col d'Aspin | 45 min.

7:15am 9:45am 1:00pm 4:00pm

Sunday | Corsica, France | 25 min.

8:00am 9:30am 10:30am 1:00pm 4:00pm

CLASS DESCRIPTIONS

Live Indoor Cycling Classes

This non-impact cardio workout on a stationary bike with a weighted flywheel uses speed and resistance to create an individualized level of intensity.

Scenic Ride

This class allows you to enjoy the scenery while improving your cardio fitness. May or may not be led by a virtual coach.

Virtual Ride

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

Disclaimer

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

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