

# HBF Stadium Group Fitness Cycle

## RPM

RPM™ is an indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing hand positions, speeding up slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and 30 minute formats.

## Cycle

Cycle classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. This a very popular class. Class duration is 55 minutes.

## Just getting started?

You can adjust an RPM™ or cycle workout to your current fitness level. Instructors are always available to help you set up your bike and help with technique.

## Benefits of RPM™ and cycle workouts

- Improve your aerobic fitness
- Burn calories and fat
- Lower your stress levels
- Increase your endurance
- Low impact on your hip, knee and ankle joints.

RPM™ and cycle classes have a maximum of 28 participants and are held in the Evolve cycle studio. Print out your class pass on the kiosks in-venue and hand to the instructor. If you'd like help with bike set-up allow 10 minutes before the class start and the instructor will assist you. All you need is a towel and water bottle.

For more information about our cycling group fitness classes, please complete the online form below.

## Morning classes

- Teen Fit friendly classes

Monday 22/11	Tuesday 23/11	Wednesday 24/11	Thursday 25/11	Friday 26/11	Saturday 27/11	Sunday 28/11
6:00am - 6:30am <b>RPM Express</b> Cycle Studio	6:00am - 6:45am <b>RPM 45</b> Cycle Studio	6:00am - 6:45am <b>RPM</b> Cycle Studio	6:00am - 6:30am <b>RPM Express</b> Cycle Studio	6:00am - 6:45am <b>RPM 45</b> Cycle Studio	8:40am - 9:25am <b>RPM 45</b> Cycle Studio	
8:45am - 9:15am <b>Cycle Express</b> Cycle Studio		8:45am - 9:15am <b>RPM Express</b> Cycle Studio		9:15am - 10:00am <b>RPM 45</b> Cycle Studio		

## Afternoon / Evening classes

- *Teen Fit friendly classes*

<i>Monday</i> <i>22/11</i>	<i>Tuesday</i> <i>23/11</i>	<i>Wednesday</i> <i>24/11</i>	<i>Thursday</i> <i>25/11</i>	<i>Friday</i> <i>26/11</i>	<i>Saturday</i> <i>27/11</i>	<i>Sunday</i> <i>28/11</i>
-------------------------------	--------------------------------	----------------------------------	---------------------------------	-------------------------------	---------------------------------	-------------------------------