

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. Collect your class pass from the main reception prior to the class 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

- Fit Club friendly classes

Monday 18/11	Tuesday 19/11	Wednesday 20/11	Thursday 21/11	Friday 22/11	Saturday 23/11	Sunday 24/11
9:30am - 10:00am RPM Express Cycle Studio	6:00am - 6:50am RPM Cycle Studio	6:00am - 6:50am Cycling Cycle Studio;Fit Clu		6:00am - 6:50am RPM Cycle Studio	8:30am - 9:20am RPM Cycle Studio	
		8:55am - 9:25am Cycle Express Cycle Studio		9:30am - 10:20am RPM Cycle Studio		

Afternoon / Evening classes

- Fit Club friendly classes

Monday 18/11	Tuesday 19/11	Wednesday 20/11	Thursday 21/11	Friday 22/11	Saturday 23/11	Sunday 24/11
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