

CYCLE CLASSES

SPINPower

SPINPower® is best-in-class for power-based, watts training. It is a road-based cycling design with power-meter technology that delivers real, measureable results.

SPINPower Circuit

SPINPower Circuit includes a 30 minute SPINPower class followed by a 30 minutes of circuit training. During the circuit segment, you can expect a medium intensity full body workout with light weights and body resistance.