



	<b>5:45 a.m.</b> <b>pureWHEEL</b> Anthony	<b>5:45 a.m.</b> <b>classicWHEEL</b> Carolyn	<b>5:45 a.m.</b> <b>pureWHEEL</b> Nanette	<b>5:45 a.m.</b> <b>classicWHEEL</b> Tara	<b>5:45 a.m.</b> <b>classicWHEEL</b> Carolyn	
	<b>8:15 a.m.</b> <b>classicWHEEL</b> Jennifer	<b>8 a.m.</b> <b>fusionWHEEL</b> Renee		<b>8 a.m.</b> <b>fusionWHEEL</b> Renee		<b>7:30 a.m.</b> <b>bigWHEEL</b> Anthony
<b>9 a.m.</b> <b>bigWHEEL</b> Celita		<b>9:15 a.m.</b> <b>classicWHEEL</b> Renee	<b>9:15 a.m.</b> <b>classicWHEEL</b> Carolyn	<b>9:15 a.m.</b> <b>classicWHEEL</b> Renee	<b>9:15 a.m.</b> <b>pureWHEEL</b> Jeff	<b>9 a.m.</b> <b>classicWHEEL</b> Tara
	<b>6 p.m.</b> <b>bigWHEEL</b> Tara	<b>6:30 p.m.</b> <b>pureWHEEL</b> Jennifer	<b>6 p.m.</b> <b>classicWHEEL</b> Bernadette	<b>6:30 p.m.</b> <b>fusionWHEEL</b> Bernadette		

**classicWHEEL** and **pureWHEEL** classes are 45 minutes. **bigWHEEL** and **fusionWHEEL** classes are 60 minutes.



## OUR CLASSES

**CLASSICWHEEL** – The ride that started it all. It's 45 minutes of the best cardiovascular workout you can do in a group setting – easy to follow, fun and effective! An upper body segment using light hand weights ensures a total body workout.

**PUREWHEEL** – Develop your cycling and cardiovascular fitness. This 45-minute class is all cycling without the hand weight segment.

**BIGWHEEL** – Have a little more time? Spend 60 minutes and challenge yourself to the limit. It's everything in a classicWHEEL ride plus more.

**FUSIONWHEEL** – Get it all done in 60 minutes. Enjoy 30 minutes of cycling followed by 30 minutes of full-body strength work off the bike.

**Wheel House is the home of inspirational indoor cycling.** Our motivating instructors are committed to giving you the best workout experiences possible in our sleek studio. Our classes feature heavy climbs, fast sprints and interval training - all set to powerful music. Some classes also include body sculpting segments to enhance your workout. Each class you take will be a fun, high-energy workout designed to challenge you physically and energize you mentally.

## TIPS FOR YOUR FIRST WHEEL HOUSE RIDE

**WEAR TIGHTER FITTING WORKOUT PANTS/SHORTS/CAPRIS** - Baggy shorts will ride up and be very uncomfortable. Guys, shorts that are on the longer side will work well. Ladies, workout pants/capris or long shorts are best.

**BRING A WATER BOTTLE AND A TOWEL** - You'll be very happy you did!

**BRING A LOCK IF YOU HAVE VALUABLES TO STORE** - Outside the studio, we have small cubbies for keys and hooks for hanging bags and coats. If you prefer to lock your belongings, you can use the lockers in the locker room.

**ARRIVE TO THE STUDIO 15 MINUTES BEFORE CLASS** - Your instructor would like to meet you and help you set up your bike.

**SNEAKERS ARE FINE, BUT IF YOU HAVE CYCLING SHOES, BRING THEM** - Our bike pedals are fitted with both cages for sneakers and SPD clips for cycling shoes. It's easy to slip your sneakers into the cages. Down the road, when you discover how much you love our classes, you should probably invest in some cycling shoes. They make riding more effective.

**PICK A BIKE IN THE MIDDLE AND OFF TO THE SIDE** - The front row is usually filled with experienced riders. Don't sit in the back, though, because it can be hard to see your instructor. Choose a bike in the middle and off to the side - you'll be able to see and feel the energy!

**DON'T BE INTIMIDATED** - Yes, there will be some seasoned pros in your class, but there will also be people of all different ages and fitness levels. There's no need to be self-conscious. The lighting in the room will be dim, and the other riders won't be concerned with what you are doing. They'll be focusing on their own rides. Don't let the fear of the unknown stop you from trying a fantastic workout!

**A FEW TIPS TO KEEP IN YOUR HEAD** - Before you get up to pedal standing, add "gear" with the resistance knob - more than you think you'll need. Even if your legs slow way down, you'll be safe and in control. If you stand without the proper amount of resistance, you may feel out of control. If you are uncomfortable standing, feel free to stay seated instead. Remember, it's YOUR ride and YOU control it.

### Gold Medal Fitness Hours

Monday-Thursday	5 a.m.-11 p.m.
Friday	5 a.m.-9 p.m.
Saturday & Sunday	7 a.m.-6 p.m.

Questions...suggestions...just wanna chat?

We'd love to hear from you!

Drop us an email at [WheelHouse@GoldMedalFitness.com](mailto:WheelHouse@GoldMedalFitness.com)