

















|  |  |  |  |  |  |  |
|---|---|---|--|--|---|--|
|  8:15 a.m. wheelSTRENGTH Erin 9 a.m. bigWHEEL Celita | 5:45 a.m. classicWHEEL Anthony J. 8:15 a.m. classicWHEEL Jennifer 9:15 a.m. classicWHEEL Craig  9:15 a.m. wheelSTRENGTH Renee |  8:30 a.m. wheelSTRENGTH Renee 9:15 a.m. classicWHEEL Renee | 5:45 a.m. classicWHEEL Nanette 9:15 a.m. classicWHEEL Carolyn  5:15 p.m. wheelSTRENGTH Renee 6 p.m. classicWHEEL Bernadette | 5:45 a.m. classicWHEEL Tara 8:15 a.m. classicWHEEL Renee 9:15 a.m. classicWHEEL Craig  9:15 a.m. wheelSTRENGTH Renee 6:30 p.m. classicWHEEL Jeff | 5:45 a.m. classicWHEEL Carolyn 9:15 a.m. classicWHEEL Jenny  10:15 a.m. wheelSTRENGTH Jenny 5:30 p.m. classicWHEEL Bernadette | 7:30 a.m. bigWHEEL Anthony J. 9 a.m. classicWHEEL Tara  10 a.m. wheelSTRENGTH Bernadette 12 p.m. classicWHEEL Jeff |

new time ←

classicWHEEL classes are 45 minutes. **bigWHEEL** classes are 60 minutes. **wheelSTRENGTH** classes are 30 minutes.

Effective: April 1, 2018



OUR CLASSES

Wheel House is the home of inspirational indoor cycling. Our motivating instructors are committed to giving you the best workout experience featuring heavy climbs, fast sprints, interval training and a sculpting segment using hand weights – all set to powerful music. Wheel House is a sleek studio with 35 top-of-the-line Spinner Blade cycles. Each class you take will be a fun, high-energy, full-body workout designed to challenge you physically and energize you mentally.

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.

BIGWHEEL – Have a little more time? Spend 60 minutes and challenge yourself to the limit. It's everything in a classicWHEEL ride plus more. Catch this class on Saturday mornings at 7:30 a.m. and Sunday mornings at 9 a.m.

WHEELSTRENGTH – Enhance your fitness with strength training. Develop lean, athletic muscles and core stability along with power gains and improved bone density.

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