



## About us

Cycle Corps Fitness is Las Vegas' Official Spinning Facility. As a licensed facility, Cycle Corps Fitness incorporates the Spinning program, which blends cycling technique, sound training principles and expert coaching in training sessions that energize, challenge and inspire. Each class offers enthusiasts of all ages and fitness levels the chance to experience the benefits of calorie-burning, energizing workouts, at a self-directed pace. The Spinning program with Cycle Corps Fitness is more than just a great workout. It's a comprehensive training program specifically designed to offer participants targeted heart rate training, expert coaching and a unique mind/body experience.

## Schedule



Each 60 minute class includes warm up, Energy Zone for that session, cool down and stretching

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am Endurance Zone	5:00 am Strength Zone  5:00 pm Endurance Zone	6:00 am Strength Zone	5:00 am Endurance Zone  5:00 pm Strength Zone	6:00 am Interval Zone	9:00 am Strength/Interval Or Endurance/Interval  **Race Day-Last Saturday of Month

\*\*Race Day Energy Zone: A 90 minute ride which includes Recovery, Endurance, Strength and Interval Energy Zones

## Pricing

\$89.00.....Monthly Unlimited

\$15.00.....Drop In

Monthly Promotion

25% Off for all LVMPD employees, LVFD and Military

First time visits are always complimentary



## Contact us

Check out our Facebook Page - Cycle Corps Fitness - for announcements, promotions, and updates

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