**Class Descriptors - Cardio**

**Aerobics**

An energetic routine combining aerobics moves and strength exercises to improve fitness.

**Evolve Cycling**

Hop onto stationary bikes for an invigorating ride that tests stamina and builds lower body strength.

**Express Cycling**

A fast-paced, 30-minute cycling challenge that’s sure to get your heart pumping.

**Step**

Utilizing a step platform, engage in high-intensity intervals to maximize calorie burn and muscle engagement.

**Cycle & Circuits**

A fusion class combining the intense cardio of spinning with muscle-building circuit training.

**Studio Cycling**

Join an immersive indoor cycling experience, simulating road biking to tunes that drive motivation.