# WFIT STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| RHYTHM RIDE<br>5:45am<br>*Theresa* | POWER RIDE<br>9:30am<br>*Deb* | RHYTHM RIDE<br>5:45am<br>*Theresa* | HIIT RIDE<br>5:45am<br>*Melissa* | FIT FUSION BOOTCAMP<br>6:30am - 45min<br>Lynne | POWER RIDE<br>7:30am<br>*Pauline* | POWER CYCLE & MINDFUL STRETCH<br>8:30am<br>*Pauline* |
| RHYTHM POWER PLUS<br>9:30am - 45min<br>*Jen S* | PULSE & POWER<br>10:30am - 45min<br>*Danielle* | TABATA CYCLE<br>8:30am<br>*Michele* | RHYTHM RIDE<br>9:30am<br>*Jen P* | RHYTHM RIDE<br>8:30am - 45min<br>*Jen P* | RHYTHM RIDE<br>9:00am<br>*Nancy* | |
| BUILD & BURN<br>10:30am - 45min<br>*Danielle* | | BUILD & BURN<br>9:30am - 45min<br>*Danielle* | PULSE & POWER<br>10:30am - 45min<br>*Danielle* | BUILD & BURN<br>9:30am - 45min<br>*Danielle* | | |
| RHYTHM RIDE<br>5:30pm<br>*Jen P* | | POWER CYCLE & MINDFUL STRETCH<br>5:30pm<br>*Pauline* | | | | |

*Effective 10/12/26*

## INCLUDED IN ALL MEMBERSHIPS

W CYCLE CLASS IN THE WFIT STUDIO

GROUP X CLASS IN THE WFIT STUDIO

# WCYCLE CLASS DESCRIPTIONS

H.I.I.T. RIDE / TABATA CYCLE
This high-intensity ride includes intense bursts of exercise, followed by short active recovery, all low impact. HIIT workouts build the cardiovascular system while improving strength, building lean muscle, and maximizing calorie burn during and after the workout. All done on a stationary bike.

POWER RIDE
A great overall cycle experience; this class is designed to use power to strengthen the body and mind. You will be challenged with high resistance hill climbs that will tone your muscles and sprints that will make your heart pump!

POWER CYCLE & MINDFUL STRETCH
A balanced, transformative workout that blends high-energy cycling with intentional, breath-led stretching. Begin with a dynamic indoor cycling sequence—think climbs, sprints, and cadence drills—that heats the body, builds leg strength, and elevates endurance. After the ride, we transition to the mat for a mindful stretch phase, guiding you through hip openers, hamstring releases, spinal twists, and shoulder openers.

Each pose is steeped in breath cues and alignment cues to encourage deeper length, release built-up tension, and improve mobility.

The class finishes with a brief grounding meditation and a gentle cool-down to integrate the energy of the ride with a sense of calm and clarity.

RHYTHM RIDE
Let's shake and sweat in the saddle as you ride to the tempo of the music. Cardio movements that feel like a dance party on the bike while giving you full-body exercise.

RHYTHM RIDE PLUS
Ride to the beat, train by the numbers, and finish with an extra edge. This high-energy class blends music-driven rhythm riding with structured power intervals, so you get the vibes and the results—then add a "Plus" finisher to level up your workout.

Reservations can be made up to 48 hours in advance on the Weymouth Club app.

We ask that members cancel 2 hours prior to the class or there will be a $5 late cancellation fee and a $15 no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions, please contact Group X Director, Jessica Montrond at jmondtrond@weymouthclub.com or (781) 682-5843

Schedules are subject to change*