CLUB RIDE: In less than an hour, burn calories and develop muscle tone as you ride along to bumpin’ club music. Creatively designed for all fitness levels, this class is perfect for cycling enthusiasts and those looking to simply ride off calories.

CYCLE SCULPT: (moderate – high intensity, all levels welcome) A great entry-level cycling class. Burn calories, improve cycling performance and strengthen your joints as you increase bone, muscle, tendon and ligament strength with intervals and resistance training.

CYCLING: (high intensity, all levels welcome) Feel motivated by the energy of this class as you burn calories and build endurance. Cycle through flatlands and over hills in a challenging 50-minute cardio workout.

*PERFORMANCE CYCLING: Go big and go hard in this class strategically formatted and expertly coached to increase your performance and cycling experience.

*POWER CYCLING: Reach your ideal fitness level by finding the cycling workout that’s exactly right for you. A certified instructor helps you learn your Functional Threshold Wattage (FTW): the maximal sustainable power output you can hold for one hour. FTW measures your personal output; you then use that number in subsequent cycling classes to guide your individualized and highly efficient workout. FTW calibration workout: First Friday FTW fitness workouts: 2nd, 3rd and 4th Fridays.

ROAD TRIP: This state of the art interval-based ride leads you on an adventure through hill climbs, sprints, jumps, pacing and interval training. Get ready for a road trip and the ride of your life.

Please keep in mind:
- Cycling classes require advance sign-up. Please sign up in person on the iPad at Fitness Kiosk 1 (up to one hour prior) to reserve your space.
- If a class is full, instructors have the right to turn participants away.
- Be on time to ensure your spot in the class and avoid disrupting classes.
- Do not enter the studio while class is in session. At the instructor’s discretion, a five- to ten-minute grace period for late admittance may be allowed.
- Live updates and teacher substitutions for group fitness classes are listed online at jccsf.org/fitnessschedules.
- Closed-toe shoes are required for Cycling classes.

For live updates and schedule changes, be sure to check the JCCSF Fitness App.

*These classes include monitor usage and measurement of your FTP (functional threshold power).