

Class Descriptions

Spinning*: A 50-55 minute ride to music. We instruct Endurance, Strength and Interval Rides and you will be taken through a series of flats, climbs, jumps and potential sprints. Riders burn on average between 500 and 700 calories per class and they are designed to bring about your ultimate cardio workout. All classes are coached to all fitness levels and ultimately you are in control of your ride!

Personal Training: We also offer personal training with our nationally certified coaches. These individualized sessions are designed for your specific goals and lifestyle. Whether you are looking to tone up, create healthy habits, or train for an event, a personal trainer can help you reach your goals faster!

Spin*/Sculpt: A 15-20 minute ride to music/40-45 minute Sculpt work-out. Sculpt at Cycle Craze will focus on a full body work-out using weights and body resistance with a weekly progression in strength and intensity to challenge your muscles. Cardio in the sculpt portion of the class will consist of a raised heart rate with continual movement, along with an occasional short high intensity burst. The weight training will be slow and controlled, focusing on form and strength, which will be a great addition to your overall fitness plan.

TRX*/Sculpt: No spinning in this class! The focus here is going to be on improving muscle tone, strength, flexibility, balance, and core stability by using the TRX Suspension Training System, along with light weight dumbbells and floor exercises.

HIIT Cardio and Strength: This 45 minute class will challenge you both physically and mentally. After warming up, NO SPINNING involved, you will begin to push your fitness to a whole new level - combining light weights with High Intensity Interval Training cardio work. HIIT involves alternating short intervals of high intensity, all-out exercise with short intervals of rest or active recovery. HIIT has been proven to not only improve cardiovascular health, but also burn fat faster and longer than steady state cardio.

Use the **MINDBODY** app for flexible, convenient scheduling of classes
OR
see our website to view class days and times, and to find a link to **MINDBODY**
www.cycle-craze.com



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Welcome!

Cycle Craze is a Certified Spinning® Facility and a TRX® Licensed Facility located in Geneseo, NY. Our studio is equipped with both Spinner® Ride & Shift bikes and TRX® Suspension Trainers and we instruct to all fitness levels.

Spinning®

The Spinning® Program is not just about exercise. Spinning® classes offer a variety of rides, movements, coaching and motivation that keeps riders safe, excited and engaged.

Our bikes are equipped with computers that help you track your heart rate, calories burned and mileage during your ride.



TRX®

The TRX® Suspension Trainer uses bodyweight exercise to develop strength, balance, flexibility, and core stability simultaneously. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.



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*"If it doesn't challenge you,
it doesn't change you"*

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Owner Debbie Jerris holds several certifications in the health and fitness industry - including ACE Certified Personal Trainer, Physical Fitness Specialist - RIT, Mad Dogg Spinning® Instructor, TRX® Group Suspension Trainer and Health Coach - Institute for Integrative Nutrition. Debbie, along with all of her certified instructors, brings her love and knowledge of fitness to all things Cycle Craze. We invite you to join us for class, and find the joy that fitness can bring to you!



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SPINNING® • HIIT CARDIO
TRX® • PERSONAL TRAINING
SCULPT • AND MORE

