

# CLASS BREAKDOWN

Ready for a full-body, low-impact, high-intensity workout that not only strengthens your muscles but boosts your mindset?

**CLICK  
HERE!**

Check out our intro offers and book your bike at CycleBar Lone Tree today!

## → CLASSIC

This ride has something for everyone with a rocking mix of strength, endurance,

- **LEVEL:** Beginner
- **STYLE:** Intervals, choreo + drills
- **SADDLE:** 70% out + 30% in the saddle
- **MUSIC:** Rhythm-based
- **STATS:** On

## → FOUNDATION

This rhythm-based ride is suitable for all levels concentrating on the foundations of indoor cycling.

- **LEVEL:** Beginner
- **STYLE:** Intro to form + movements
- **SADDLE:** 50% out + 50% in the saddle
- **MUSIC:** Rhythm-based
- **STATS:** On

## → CONNECT

Enjoy this energetic ride with more dancing, faster speeds and challenging drills.

- **LEVEL:** All Levels
- **STYLE:** Unplug and ride
- **SADDLE:** 70% out + 30% in the saddle
- **MUSIC:** Rhythm-based
- **STATS:** Off

## → EMPOWER

Empower yourself. Tap into your strength, your power and your mindset during this athletic ride.

- **LEVEL:** All Levels
- **STYLE:** Slower tempos, no choreography
- **SADDLE:** 30% out + 70% in the saddle
- **MUSIC:** Rhythm-based
- **STATS:** On

## → STRENGTH

Discover the joy of synchronized movement, music, and muscle engagement in every pedal stroke.

- **LEVEL:** Moderate
- **STYLE:** Choreo, High-Gears and Arm Reps
- **SADDLE:** 60% out + 70% in the saddle
- **MUSIC:** Rhythm-based
- **STATS:** On

## → PERFORMANCE

Up your game with a ride that motivates you with CycleStats technology, group challenges and rider competitions.

- **LEVEL:** Advanced
- **STYLE:** Less choreography, more intervals
- **SADDLE:** 70% out + 30% in the saddle
- **MUSIC:** Rhythm-based
- **STATS:** On