

# Thursday Mix It Up 10AM

July 15 -Pump and Pedal- 5 min of spinning and 5 min of resistance training –Great for new riders (spin room)

July 22-Boot Camp -Interval training that's fun and easy to follow

July 29-All Ball Training -Resistance Training with the big ball and medicine ball

Aug 5 - Butts and Guts- work the lower body and core

Aug 12 - Beginner Step- Easy basic step routines to learn the basics

Aug 19- Pump and Pedal- 5 min of spinning and 5 min of resistance training –Great for new riders (spin room)

Aug 26 -Boot Camp -Interval training that's fun and easy to follow

Sept 2- All Ball Training -Resistance Training with the big ball and medicine ball

Sept 9- Butts and Guts- work the lower body and core

Sept 16- Beginner Step- Easy basic step routines to learn the basics

Sept 23- Pump and Pedal- 5 min of spinning and 5 min of resistance training –Great for new riders (spin room)

Sept 30-- Pump and Pedal- 5 min of spinning and 5 min of resistance training –Great for new riders (spin room)