**Spin**
Enjoy this group exercise class geared to cyclists or would-be cyclists who prefer getting in shape on a bike. Carried out on specially designed stationary bicycles, the workout improves aerobic and anaerobic conditioning. Music and mental imagery are used to motivate participants throughout the workout.

**Spin - Lite Cycle**
Lite Cycle is a group exercise class geared to novice cyclists or would-be cyclists who have not exercised for an extended period. Carried out on specially designed stationary bicycles, this workout improves aerobic and anaerobic conditioning. Music and mental imagery are used to motivate participants throughout the workout.