

# M6 REVOLUTION

CYCLING STUDIO

M	T	W	T	F	S	S
	Real Ryde <b>Dan Ries</b> 6:10 – 7:10		Real Ryde <b>Dan Ries</b> 6:10 – 7:10			
CP Ryde <b>Tracy</b> 8:30 – 9:20	Real Ryde <b>Tracy</b> 8:30 – 9:30	CP Ryde <b>Tracy</b> 8:30 – 9:20	Real Ryde <b>Tracy</b> 8:30 – 9:30	CP Ryde <b>Tracy</b> 8:30 – 9:20	Intro Ryde <b>Tracy</b> 8:00 – 8:30	
Ryde X <b>Tracy</b> 9:30 – 10:45	MVR Ryde <b>Rick</b> 9:35 – 10:35	Ryde X <b>Tracy</b> 9:30 – 10:45	MVR Ryde <b>Rick</b> 9:35 – 10:35	Ryde X <b>Tracy</b> 9:30 – 10:45	Power Hour Ryde <b>Mike</b> 8:30 – 9:30	Ryde X <b>Tracy</b> 8:30 – 9:45
Mind Body Ryde <b>Tracy</b> 5:30 – 6:30	Cycle Quest <b>Robyn &amp; Tracy</b> 5:30 – 7:00	Real Ryde <b>Robyn</b> 5:30 – 6:30	Cycle Quest <b>Robyn &amp; Tracy</b> 5:30 – 7:00			
<b>March</b>	<b>March</b>	<b>March</b>	<b>March</b>	<b>March</b>	<b>March</b>	<b>March</b>

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# M6 REVOLUTION CYCLING STUDIO

## CLASS DESCRIPTIONS

**MVR RYDE** – 60 MIN MUSIC VIDEO RYDE FOCUS IS FUN IN THIS CLASS. WATCH AMAZING VIDEOS FROM TODAY'S AND YESTERDAY'S MUSIC SUPERSTARS. YOU'LL FEEL LIKE YOU'RE IN A NIGHTCLUB AND TIME WILL JUST FLY BY.

**CP RYDE** – 60 MIN CORE POWER RYDE WILL FOCUS ON YOUR CORE STABILITY. INTERVALS OF RYDING MIXED WITH ABDOMINAL WORK OFF THE BIKE WILL GUARANTEE YOU TO HAVE THE STRONGEST ABS EVER!

**CYCLE QUEST** – 90 MIN M6 REVOLUTION COUPLES 30 MINUTES OF REAL RYDER CYCLING ALONG WITH 30 MINUTES OF FUNCTIONAL CORE CENTRIC TRAINING AND FINISHES WITH 30 MINUTES OF YOGA. THIS TRILOGY OF FITNESS "CARDIO-STRENGTH-FLEXIBILITY" IS THE PERFECT BALANCE FOR ALL LEVELS.

**POWER HOUR RYDE** – 60 MIN WEIGHT TRAINING WHILE YOU RYDE. DON'T HAVE TIME FOR ONE HOUR OF RYDING AND ONE HOUR OF WEIGHT TRAINING, WHY NOT DO THEM BOTH AT THE SAME TIME. MIKE CASAS WILL SHOW YOU HOW TO SCULPT YOUR ENTIRE BODY WHILE YOU'RE PEDALING A REAL RYDER BIKE. GET UNDENIABLE RESULTS IN A PLATEAU-PROOF FITNESS FORMULA. EACH COMPONENT OF THIS CLASS PROVIDES YOU WITH A UNIQUELY DIFFERENT EMPHASIS SO YOUR BODY NEVER GETS ACCUSTOMED TO THE EVER CHANGING FORMAT.

**REAL RYDE** – 50 MIN THEATRE ENHANCED CYCLING STUDIO COUPLED WITH THE REAL RYDER INDOOR CYCLING BIKES, GIVING YOU A ONE OF A KIND WORKOUT. AS YOU MOVE THROUGH AN EXPANDED RANGE OF DYNAMIC AND FUNCTIONAL MOVEMENTS ON THE BIKE, OUR VIDEO SCREEN WILL VISUALLY TAKE YOU THRU SOME OF THE BEST SCENERY IN THE WORLD. YOU ARE GUARANTEED TO BURN 40% MORE CALORIES PER HOUR IN THESE SIGNATURE CLASSES.

**RYDE X** – 75 MIN THESE ADVANCED CYCLING CLASSES WILL GIVE YOU OUR MOST REALISTIC VERSION OF RYDING OUTSIDE. FEATURING OUR STATE OF THE ART, THEATRE ENHANCED CYCLING STUDIO, THIS ONE OF A KIND RIDE WILL INCLUDE HIGH-INTENSITY INTERVALS AND DEEP TURNS TO BOOST YOUR METABOLISM AND TONE YOUR ARMS AND ABS WITH OUR REAL RYDER BIKES.

**REAL RYDER INTRO** – 30 MIN HAVE QUESTIONS? WE ARE GOING TO ANSWER THEM, TAYLOR FIT THE BIKE JUST FOR YOU, TALK ABOUT SHOES, TALK ABOUT APPAREL, EVERYTHING YOU NEED TO KNOW ABOUT RIDING A BIKE.

PLEASE, NO CELL PHONES OR PERSONAL LISTENING DEVICES IN THE THEATRE.  
PLEASE, RESERVE YOUR CLASS ONLINE AHEAD OF TIME.