

MAC Cycling

MAC RIDE: Let's ride together in this 60-minute Cycle class! Whether you're training for a triathlon, or riding for cardiovascular health, this class will help get you there. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Spin off the energy from those around you and compete for fitness success.

MAC RHYTHM RIDE: Rhythm Ride brings the beats and choreography of the hottest cycle studios to the MAC. During this 45-minute cycle class, expect loads of high-intensity intervals and fun choreography all while moving to the beat of each unique and energetic playlist. Not only will this ride burn a ton of calories, you may even find yourself dancing and smiling through the ride. Come join this party on the bike!

MAC EXPRESS RIDE: A 30-minute spin class (including warm-up and cool down) for that cardio quickie for the experienced athlete or a taste of our cycling class for those wanting to get their feet wet or new to cycling. It's all about multi-tasking, this class will include climbs, sprints, and combinations for a quick intense ride.

MAC 45 RIDE: A shorter version of our 60-minute class to get your workout in effectively and efficiently. Train for that race, better cardiovascular health, or just to have fun. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Spin off the energy from those around you and compete for fitness success.