

# Welcome!

Cycle Craze is more than just a Spinning® Studio!! Not only are we a Certified Spinning® and a TRX® Licensed Facility, we also offer Spin®Sculpt, Cardio Sculpt, Barre Above®, and Personal Training!! We have something for everyone! We instruct to all ages and fitness levels. We invite you to join us and unlock your potential strength - both on and off the bike!! We are located in Geneseo, NY and can be found on the WellnessLiving app for flexible, convenient scheduling of classes. A link to WellnessLiving can be found on our website [www.cycle-craze.com](http://www.cycle-craze.com), so book your class now!

All of our instructors are Certified through either Madd Dog Athletics for Spinning®, TRX® Training, or Barre Above®. We keep our certifications current, staying up-to-date with the latest innovations and safety protocols in the industry. We hope you will join us today to achieve your fitness goals!!



BARRE above™



**cycle craze**  
fitness studio

*"If it doesn't challenge you,  
it doesn't change you"*

109 Main St., Geneseo, NY 14454

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Debbie Jerris • (585) 737-2615

Owner Debbie Jerris holds several certifications in the health and fitness industry - including ACE Certified Personal Trainer, Physical Fitness Specialist - RIT, Mad Dogg Spinning® Instructor, TRX® Group Suspension Trainer, Barre Above® Trainer and Health Coach - Institute for Integrative Nutrition. Debbie, along with all of her certified instructors, brings her love and knowledge of fitness to all things Cycle Craze. We invite you to join us for class, and let us help you achieve your fitness goals!



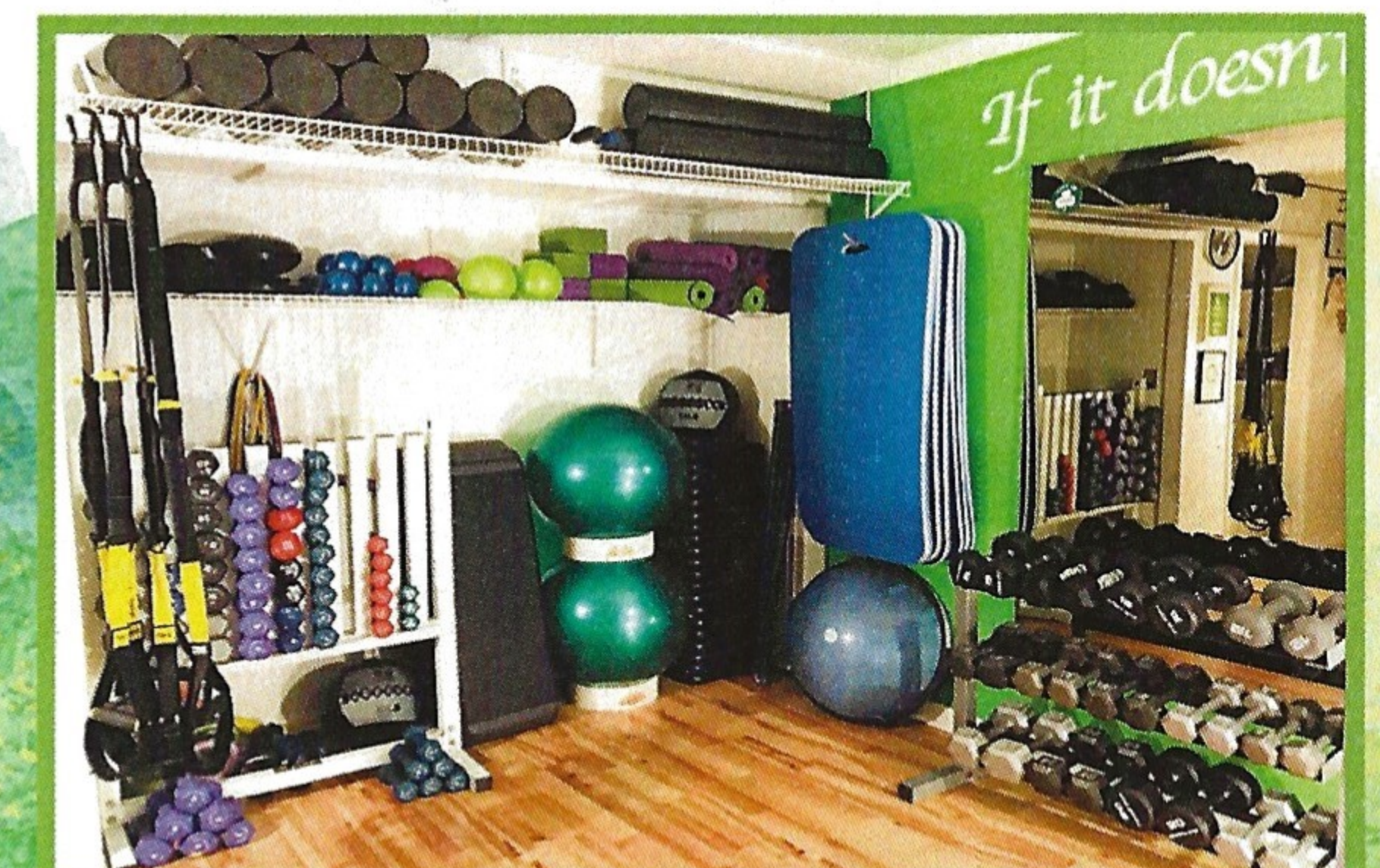
**cycle craze**  
Fitness Studio

**SPINNING® • TRX®**

**BARRE ABOVE® • CARDIO SCULPT  
SPIN SCULPT • PERSONAL TRAINING**

[www.cycle-craze.com](http://www.cycle-craze.com) • [ride@cycle-craze.com](mailto:ride@cycle-craze.com)  
Debbie (585) 737-2615

**Now offering both LIVE and VIRTUAL classes!**



# Class Descriptions

**Spinning®:** A 50-55 minute ride to music, we instruct Endurance, Strength, and Interval Energy Zone classes. You will be taken through a series of flats, climbs, jumps, and potentially sprints. Our classes are designed to bring about your ultimate cardio workout, with riders burning on average 500-700 calories per session. All classes are coached to ALL fitness levels and ultimately you are in control of your ride!!

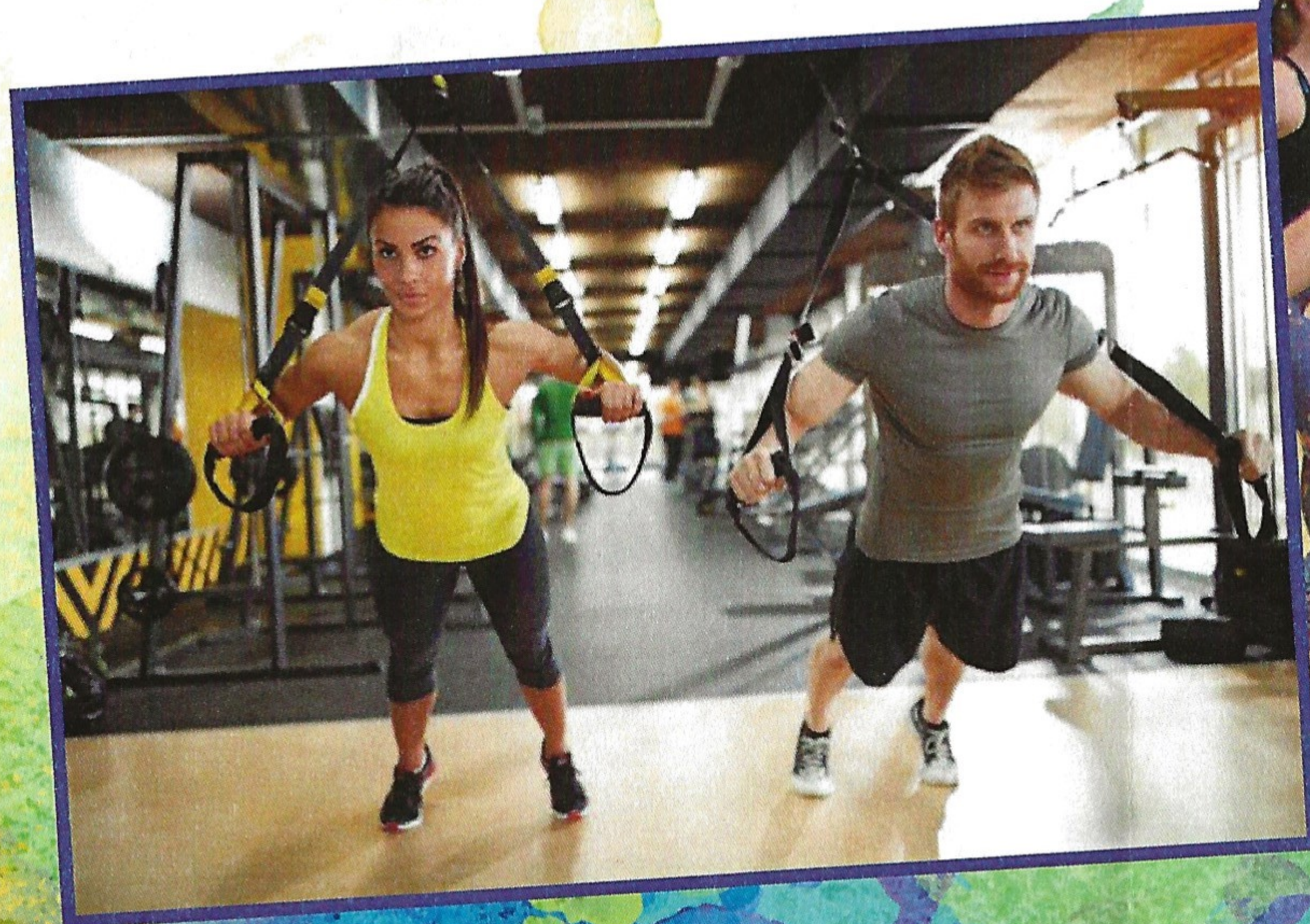
**Cardio Sculpt:** This class will challenge you both physically and mentally - NO SPINNING® involved. After warming up, you will begin to push your fitness to a whole new level, combining weight training with short intervals of high intensity all-out exercise with short intervals of rest or active recovery. High Intensity Interval Training (HIIT) has been proven to not only improve cardiovascular health, but to also burn fat faster and longer than steady state cardio.

**Spin®/Sculpt:** After a short warm-up on the bike, you will begin to focus on a full body workout using weights and body resistance. The weight training will be slow and controlled, focusing on form and strength, with a weekly progression to challenge your muscles. The cardio portion of class will incorporate short periods on the Spin® bike to raise your heart rate to make this class an all around great addition to your overall fitness plan!

**TRX® and TRX® Sculpt:** No Spinning® in these classes! The focus here is going to be on improving muscle tone, strength, flexibility, balance, and core stability by using the TRX® Suspension Training System®, along with light weight dumbbells and floor exercises. Because you can instantly modify resistance by adjusting body position, Suspension Training® workouts are safe and effective for people of ALL fitness levels.

**Barre Above™:** Barre is a full-body conditioning class that incorporates the movements of Ballet, Pilates, and Yoga with strength components. It is designed for a wide range of fitness levels, ages, and bodies. Barre is centered around fluid movement that targets the major muscle groups. Balance and stretching are key elements in this full body workout. It is NOT a dance class!

**Personal Training:** We also offer personal training. These individualized sessions are designed for your specific goals and lifestyle. Whether you are looking to tone up, create healthy habits, or are new to the fitness world, a personal trainer can help you achieve your goals in the comfort of a one-on-one setting, or possibly bringing a friend along for the fun!



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