

Assault Bike HIIT Cardio

Get more out of your cardio workout! A circuit style class that will utilize our Assault Bikes and equipment to give the body the cardiovascular workout it needs while toning the entire body.

These 30-minute classes will have your average heartrate well over 115 BPM, help your burn 350+ calories, and tone many muscles in your body. Don't spend hours doing cardio on those boring machines and start maximizing your time spent so you can enjoy more time doing what you love!

Results will vary but may include:

- Total body transformation.
- Long and Lean muscles.
- Improved posture.
- Relief of chronic & acute back pain.
- Relief of neck & shoulder tension.
- Improved awareness & overall wellbeing.
- Fat loss.
- Improved joint mechanics.
- Increased flexibility.
- Improved muscle performance and tone.
- Reduced stress.
- AND MORE!

