

CHANGE IT UP!

RPM & SPRINT CLASSES NOW AVAILABLE



LES MILLS™ Virtual workouts combine world-leading fitness programs with pumping sound and motivation from some of the best instructors on the planet. It's a truly inspiring experience that will drive amazing results. Visit schedules at YMCALL.org or find a class on our app.

RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session*.

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

SPRINT

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.



YMCA at Glen Cove

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