Soooooooooooul Cycle

The hippest trip on Fort Jackson!

Want to burn outrageous calories with little physical reminders of just how **hard** you are working? Then you need to join us on Fridays at Vanguard Gym for **Sooooul Cycle**. This style of spinning reaches back to old school mood and music and laces it with modern flare by ensuring that you not only work your lower body but utilizes the handle bars with attached resistance straps for a total upper body workout.

Expect to burn no less than 500 calories in 45 minutes! That’s impressive; but with FMWR Sooooul Cycle; we have kicked it up a notch and we ride for 90 minutes! You could definitely burn close to 1000 calories. This is not only because of the spinning, but the use of the handle bars for upper body exercises and the attachable resistance bands for upper body exercises that take place while on the bike (you never stop spinning).

Please look at the video clip displaying a portion of one of our workouts.

Sooooul Cycle is growing into an experience that participants look forward to. It is a great way to kick off your Friday. Join us at Vanguard Gym on Fridays at 4:15pm. You and your body will be glad that you took part in the hippest trip on Fort Jackson.