

# CYCLING

Effective August 1, 2010

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am	<b>Cycling</b> <i>Michelle</i> 1-2-3	<b>Cycling</b> <i>Jenn</i> 1-2-3	***5:45-6:30*** <b>Cycling</b> <i>Frank</i>		<b>Cycling</b> <i>Jenn</i> 1-2-3		
7:00am						<b>Cycling</b> <i>Stu</i> 1-2-3	
8:00am							<b>Cycling</b> <i>Frank</i> 1-2-3
8:30am		<b>Cycling</b> <i>Stu</i> 1-2-3	<b>Cycling</b> <i>Gina</i> 1-2-3	<b>Abs/Cycling</b> <i>Grace</i> 1-2-3		<b>Cycling</b> <i>Frank</i> 1-2-3	
8:45am	<b>Cycling</b> <i>Grace</i> 1-2-3				<b>Cycling</b> <i>Grace</i> 1-2-3		
9:00am							
9:15am							
9:45am			***9:35-10:35*** <b>Cycling</b> <i>Donna</i>				
7:00pm	<b>Cycling</b> <i>Frank</i> 1-2-3	<b>Cycling</b> <i>Jenn</i> 1-2-3	<b>Cycling</b> <i>Frank</i> 1-2-3	<b>Cycling</b> <i>Craig</i> 1-2-3			

◆ All Cycling classes are 60 minutes long.

◆ Cycling is a cardio-respiratory workout appropriate for all fitness levels.

- ◆ It is recommended that you arrive 10 minutes prior to the beginning of the class to properly set up your bike.
  - ◆ All Cycling classes require you to sign up at the front desk one hour prior to class.
  - ◆ Please note that all classes & instructors are subject to change without prior notice.

Class Levels  
Level 1: Beginner  
Level 2: Intermediate  
Level 3: Advanced

**Club Hours**

Monday-Thursday 5:30am-10:00pm  
Friday 5:30am-9:00pm  
Saturday 7:00am-6:00pm  
Sunday 8:00am-4:30pm

**Child Care Hours**

Monday-Friday 8:00am-12:00pm  
5:00pm-8:00pm  
Saturday-Sunday 8:00am-12:00pm