

CYCLING

Effective February 21, 2010

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am	Cycling Tracy 1-2-3	Cycling Jenn 1-2-3	***5:45-6:30*** Cycling Frank		Cycling Jenn 1-2-3		
7:00am						Cycling Stu 1-2-3	
8:00am							Cycling Frank 1-2-3
8:30am		Cycling Stu 1-2-3	Cycling Gina 1-2-3	Abs/Cycling Grace 1-2-3		Cycling Frank 1-2-3	
8:45am	Cycling Grace 1-2-3				Cycling Grace 1-2-3		
9:00am							Cycling Lisa/Ralph 1-2-3
9:15am							
9:45am			***9:45-10:15*** Cycling Grace				
7:00pm	Cycling Keri 1-2-3	Cycling Jenn 1-2-3	Cycling Frank 1-2-3	Cycling Craig 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