

GROUP CYCLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES							
5	All Levels Cycle 5:30-6:30 (Connie)		All Levels Cycle 5:30-6:30 (Kitty)		All Levels Cycle 5:30-6:30 (Connie)		
6		All Levels Cycle 6:00-7:00 (Mark)		All Levels Cycle 6:00-7:00 (Mark)			
8						All Levels Cycle 8:15-9:15 (Kristy)	All Levels Cycle 8:30-9:30 (Tori)
9	Cycle/Core 9:30-10:30 (Connie)		All Levels Cycle 9:30-10:30 (Alethia)		All Levels Cycle 9:30-10:30 (Heather P.)	All Levels Cycle 9:45-10:45 (varies)	
10				All Levels Cycle 10:00-11:00 (Alethia)			
AFTERNOON CLASSES							
4		Cycle Express 4:45-5:30 (Alethia)		Cycle Express 4:45-5:30 (Doug)			
EVENING CLASSES							
5	All Levels Cycle 5:45-6:45 (Kristy)		All Levels Cycle 5:45-6:45 (Jen)		All Levels Cycle 5:45-6:45 (Angela/ Heather Y)		
6		All Levels Cycle 6:30-7:30 (Doug)		All Levels Cycle 6:30-7:30 (Heather Y.)			

GROUP CYCLING DESCRIPTIONS

ALL LEVELS CYCLE. Simulating various terrains on a stationary bike is an amazing non-impact cardio workout. This challenging workout is focused on interval training. Since you control the bike tension, the class can be done at many fitness levels.

CYCLE/CORE. This class consists of 45 minutes of all levels cycle followed by 10 min. of core work done on the floor.

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice when necessary. As a courtesy to others, please arrive to classes on time. Classes with low attendance may be removed from the schedule.

Please see Group Wellness, Pool & Gym Schedules for other exercise options.

Updated 10/23/09