



GROUP CYCLING & TRX SCHEDULE

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX Blast (Nichole) 9:00-9:30	Cycle Circuit (Chrissy) 6:00-7:00		Cycle Circuit (Chrissy) 6:00-7:00		Cycle—All Levels (Chrissy) 8:30-9:30	
Cycle—All Levels (Nichole) 9:30-10:30	TRX \$ (Jana) 9:30-10:30	Cycle—All Levels (Nichole) 9:30-10:30		Cycle—All Levels (Kim) 9:30-10:30		
				TRX Yoga (Kim) 10:45-11:15		
TRX Blast (Hilary) 7:30-8:00pm	Cycle—All Levels (Andy/Pete) 6:00-6:45pm	TRX Blast (Hilary) 7:30-8:00pm	Cycle—All Levels (Andy/Pete) 6:00-6:45pm			

CYCLING INFORMATION

- All classes take place in the Club Cycle Room, unless otherwise notes.
- All level of cyclists are welcome! If you're new to group cycling, arrive 10 minutes early, set up your bike & meet the instructor.
- Bring a bottle of water.

CYCLE-ALL LEVELS

Interval training, simulating various terrains on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

CYCLE CIRCUIT

This class is designed to work on cardio strength, as well as, muscle strength and conditioning. The class is split evenly between cycling and strength training. This includes bands, balls, weights and other strength training tools. Appropriate for all levels.

TRX BLAST

This 30 minutes fast paced class is a total-body workout using the suspension trainer. A great way to build on your strength and endurance or just burn extra calories and have fun!

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.

\$: register at front desk, fees apply

TRX \$

The TRX Suspension Trainer is a workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Paid program, look for fliers for more details.

TRX YOGA

This class infuses TRX training into your yoga practice with a fresh evolution of movement. It will assist and challenge Yoga traditional poses and movements that emphasize mobility, stability and strength.

CONTACT INFORMATION

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