Group Cycling

Sunday

10 - 11 a.m.

Lisa

Cvcle

Cycle

Cycle

Monday

6 - 6:45 a.m. 10 - 11 a.m. Noon - 1 p.m. 4:45 - 5:30 p.m. 5:30 - 6:30 p.m.

Jennifer E. Cycle Susan Cycle/Sculpt Beth Rebecca Cycle Lisa

Mary

TL

Brittany

Tuesday

8:45 - 9:30 a.m. Cycle 5:15 - 6 p.m. Cycle 6:15 - 7:15 p.m. Cycle

Wednesday

AGES

11+

6 - 6:45 a.m.	Cycle	Brittany
9 - 9:30 a.m.	Cycle	Susan
4:45 - 5:30 p.m.	Cycle	Diane
5:30 - 6:30 p.m.	Cycle	Lisa

Thursday

9 - 9:30 a.m. **Cycle Lite** Lisa 10:30 - 11:30 a.m. Cycle/Sculpt Susan Brittany 5:15 - 6 p.m. Cycle 6:15 - 7:15 p.m. Cycle Jenn

Cycle

Cycle

Friday

6- 6:45 a.m. Cycle 8:30 - 9:30 a.m. 5:30 - 6:15 p.m.

Saturday

10:30 - 11:30 a.m. Cycle Noon - 1 p.m. Cycle Jill Ginny

Brittany

Mary

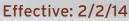
Ginny







Reservations may be made up to two days in advance by stopping by the Health & Wellness Desk or by calling, 238-2727.



Class Descriptions

All classes are designed for all levels. Tension control and pedal speed are determined by the participant and everyone rides at their own level of experience.

<u>Cycle</u> - Intermediate/Advanced: Sweat and burn calories to keep yourself in top shape. Classes are lead by a certified instructor who will coach you through the ride of your life. Add this intense class to yor cross trainng regime.

<u>Cycle Lite</u>- Beginners: If you want to learn indoor cycling but are not ready for an advanced ride then, this class is for you. Come in, enjoy and ride your way to a healthier, happier you. This is a 30 minute class.

<u>Cycle/Sculpt</u> - Go for a 30 minute power ride then complete 30 minutes of muscle conditioning exercises to sculpt your body which will enhance your performance on the bike. (30 minutes - cycle room then 30 minutes - aerobics room)