

# Group Cycling

## Sunday

10 - 11 a.m.      Cycle      Lisa

## Monday

6 - 6:45 a.m.      Cycle      Jennifer E.

10 - 11 a.m.      Cycle      Susan

Noon - 1 p.m.      Cycle/Sculpt      Beth

4:45 - 5:30 p.m.      Cycle      Rebecca

5:30 - 6:30 p.m.      Cycle      Lisa

## Tuesday

8:45 - 9:30 a.m.      Cycle      Mary

5:15 - 6 p.m.      Cycle      Brittany

6:15 - 7:15 p.m.      Cycle      TL

## Wednesday

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

5:15 - 6 p.m.      Cycle      Brittany

6:15 - 7:15 p.m.      Cycle      Jenn

## Friday

6 - 6:45 a.m.      Cycle      Brittany

8:30 - 9:30 a.m.      Cycle      Mary

5:30 - 6:15 p.m.      Cycle      Ginny

## Saturday

10:30 - 11:30 a.m.      Cycle      Jill

Noon - 1 p.m.      Cycle      Ginny



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11+



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

Effective: 2/2/14

## 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.

Cycle - 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 your cross training regime.

Cycle Lite- 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.

Cycle/Sculpt - 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)