A.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							Cycling is an intense cardio workout to great music. The instructor leads the class through various positions on the bike to provide the best workout. There are sprints, hills, jumps, and various other techniques that make your ride a fun calorie burning experience.
5:30	**Cycling** 5:30-6:15 - Emily *Must Register*	**Cycling** 5:30-6:15 - Ingrid *Must Register*	**Cycling** 5:30-6:15 - Emily *Must Register*	**Cycling** 5:30-6:15 - Ingrid *Must Register*	**Cycling** 5:30-6:15 - Ingrid *Must Register*		
6:00							
8:00						**Cycling** 8:00-9:00 - Ben *Must Register*	
8:30							
9:00	**Cycling** 9:00-10:00 - Wendy *Must Register*		**Cycling** 9:00-10:00 - Ben *Must Register*		**Cycling** 9:00-10:00 - Bob *Must Register*		
9:30		**Beginner Cycling** 9:30-10:15 - Wendy *Must Register*		**Beginner Cycling** 9:30-10:15 - Ben *Must Register*			
10:00							
10:30							
11:00							
11:30	**Don't forget your water - you are going to need it!!**						

P.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00					Don't forget to register at the front desk. Registrations may be called in beginning the SATURDAY before class starting at **noon**. Limited seating so make sure you get registered early!!		
4:30	**Beginner Cycling** 4:30-5:15 - Cindy *Must Register*						
5:00							
5:30		**Cycling** 5:30-6:30 - Dana *Must Register* **HOUR CLASS**		**Cycling** 5:30-6:30 - Dana *Must Register* **HOUR CLASS**			
6:00	**Cycling** 6:00-7:00 Cindy *Must Register* **HOUR CLASS**		**Cycling** 6:00-7:00 Cindy *Must Register* **HOUR CLASS**				
6:30							
7:00							
7:30							
8:00							
8:30	**Cycling Schedule**						

Revised 4/24/12
Effective 5/1/2012

*****Classes with less than 3 people registered are subject to cancellation - be sure to register!!*****