

A.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00								
5:30	Cycling 5:30-6:15 - Bob *Must Register*	Cycling 5:30-6:15 - Ingrid *Must Register*	Cycling 5:30-6:15 - Bob *Must Register*	Cycling 5:30-6:15 - Ingrid *Must Register*	Cycling 5:30-6:15 - Ingrid *Must Register*			
6:00								
8:00						Cycling 8:00-8:45 - Ben *Must Register*		
8:30								
9:00	Cycling 8:00-8:45 - Wendy *Must Register*		Cycling 8:00-8:45 - Ben *Must Register*		Cycling 9:00-9:45 - Bob *Must Register*			
9:30		Cycling 9:30-10:15 - Wendy *Must Register*		Cycling 9:30-10:15 - Ben *Must Register*				
10:00								
10:30						Cycling 10:15-11 - Dana *Must Register*		
11:00	Don't forget your water - you are going to need it!!							
11:30								

Starts February 4th!!

P.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
2:00							Cycling 2:00-2:45 - Cindy *Must Register*	
2:30								
5:00								
5:30		Cycling 5:30-6:15 - Dana *Must Register*		Cycling 5:30-6:15 - Dana *Must Register*				
6:00								
6:30								
7:00	Cycling 7:00-7:45 Mary Ann *Must Register*		Cycling 7:00-7:45 Mary Ann *Must Register*					
7:30								
8:00	Cycling Schedule							
8:30								

Starts February 5th!!

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!!



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 and other techniques that make your ride a fun calorie burning experience.