



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR CYCLING

MARCH 2012

TRX & CROSSFIT Private Training is here!

See our Private Training flyer for more information

All Indoor Cycling classes held in the Cycling Studio located on the 3rd Floor

Monday							
Time	Class	Level	Instructor	Time	Class	Level	Instructor
5:30-7:30am	Virtual Cycling	2&3	No Instructor	6:00-7:00pm	Power Cycling	All	JoDee
				7:15-8:15pm	Power Cycling	1	Laura
Tuesday							
Time	Class	Level	Instructor	Time	Class	Level	Instructor
6:00-7:00am	Power Cycling	All	Amanda	6:00-7:00pm	Power Cycling	All	Rick
				7:15-8:15pm	Power Cycling	All	Jenn B
Wednesday							
Time	Class	Level	Instructor	Time	Class	Level	Instructor
5:30-7:30am	Virtual Cycling	2&3	No Instructor	6:00-7:00pm	Power Cycling	All	Megan
8:30-9:45am	Cycling & Abs	All	JoDee	7:15-8:15pm	Power Cycling	All	Laura
Thursday							
Time	Class	Level	Instructor	Time	Class	Level	Instructor
6:00-7:00am	Power Cycling	All	JoDee	6:00-7:00pm	Power Cycling	All	Rick
				7:15-8:15pm	Power Cycling	All	Amanda
Friday							
Time	Class	Level	Instructor	Time	Class	Level	Instructor
5:30-7:30am	Virtual Cycling	2&3	No Instructor	5:30-6:30pm	Power Cycling	All	Amanda
8:30-9:30am	Power Cycling	All	Jill				
Saturday				Sunday			
Time	Class	Level	Instructor	Time	Class	Level	Instructor
8:30-9:30am	Power Cycling	All	Jill	9:00-10:00am	Virtual Cycling	2&3	No Instructor
10:00-11:00am	Power Cycling	All	Amanda	12:00-1:00pm	Virtual Cycling	2&3	No Instructor

Indoor Cycling: A group exercise workout performed on a stationary bike. This class offers the latest cardio workout with great music and plenty of motivation. Experience the best sweat you've ever had!

Cycling & Abs: One hour of Indoor cycling topped off with fifteen minutes of abs. All levels welcome.

Virtual Cycling: Jump on and ride across America! From the rolling coast of California to the rocky shores of Maine. This advanced Virtual Cycling class allows you to ride at your own pace and combines stunning outdoor footage projected onto a screen. Music is not available, so we recommend you bring your own iPod and headphones. Prior indoor cycling experience required. Intermediate and advanced riders only.

Indicates NEW Class Time, Location or Instructor

NOTE:

- We recommend arriving 15 minutes prior to your class start time. Bikes are available on a first come first serve basis.
- Please bring a towel & water
- Minimum age: 15 years with instructors approval
- Instructors and classes are subject to change
- Instructors reserve the right to (NOT) allow latecomers to enter class ten minutes after start time