

SUMMER 2010 CLASS SCHEDULE

ALL CLASSES ARE 45 MINUTES
UNLESS OTHERWISE INDICATED



CYCLE STUDIO STUDIO C

| MON | TUES | WED | THUR | FRI | SAT |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|------------------------------------|
| 6:00 am Indoor Cycling | 6:00 am Indoor Cycling | 6:00 am Indoor Cycling | 6:00 am Indoor Cycling | 6:00 am Rip & Ride | |
| 8:30 am Indoor Cycling | | 8:30 am Indoor Cycling | | 8:30 am Indoor Cycling | 8:30-9:30 am Master Ride |
| | Noon Indoor Cycling | | Noon Indoor Cycling | | |
| 5:45 pm Indoor Cycling | | 5:45 pm Indoor Cycling | | 5:15 pm Indoor Cycling | |
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INDOOR CYCLING:

A group exercise class conducted on stationary bikes. Offering a simulated ride on flat roads, rough hills and sometimes on a race against others. Those who participate find it to be an incredible cardiovascular workout that is available year round. The benefits of cycling can be both physical and mental, the time spent during class seems to fly by and it is definitely fun.

RIP & RIDE:

60 minute interval class utilizing spin bike and weights. Workout will be focused on both cardio and core strength training.

MASTER RIDE:

Challenge your cardio endurance with this sixty minute cycling class that is perfect for the intermediate to advanced rider. The ride will focus on technique, longer endurance and strength through coaching and great music

PHYSICAL BENEFITS:

- Weight loss
- Increased energy
- Stronger heart and lungs
- Decreased risk for heart disease
- Better sleep
- Improved bone density
- Improved cholesterol and triglyceride levels

- Relief from stress and anxiety
- Increased confidence
- Improved ability to focus on goals
- Child care is available during specified times.
- Class schedule effective June 2010, subject to change.