

FALL 2009 CLASS SCHEDULE



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	9:30 am Rip & Ride			8:30 am Indoor Cycling	8:30 am Indoor Cycling
	Noon Indoor Cycling		Noon Indoor Cycling		
5:45 pm Indoor Cycling		5:45 pm Indoor Cycling		5:15 pm Indoor Cycling	

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

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

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 Sept 2009, subject to change.