

CYCLE STUDIO SCHEDULE

(effective 9/4/2018 – 9/30/2018)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45am Group Cycle Dawn			6:00-6:45am Cycle/Strength Deb	6:00-6:45am Group Cycle Rachel	
	8:30-9:30am Group Cycle Dana A/Emily		8:30-9:30am Group Cycle Dana A			7:30-8:25am Group Cycle Rachel
						9:00-9:45am Group Cycle Nicole
		12:00-12:30pm H.I.I.T. Cycle Kim		12:00-12:30pm H.I.I.T. Cycle Kim	12:00-12:30pm H.I.I.T. Emily	
	4:30-5:15pm Group Cycle Kim			4:30-5:15pm Group Cycle Nicole		
	5:30-6:15pm Group Cycle Emily	5:30-6:15pm Group Cycle Caryn				

Group Cycle – Come join in on this challenging, fun, and one of the best ways to improve cardiovascular fitness while burning calories. Group cycle is minimal impact and can accommodate all ability levels.

H.I.I.T. – High Intensity Interval Training. A cycle class that takes you through this challenging workout that burns fat and boosts endurance. This unsustainable, intense burst of energy output revs up the metabolism to burn fat and calories.

Cycle/Strength – Combines the cardio fitness challenge on the bike of Group Cycle and uses weights, bands and body weight exercises to strengthen all major muscle groups.