

## CYCLE STUDIO SCHEDULE

(effective 4/1/2019 – 5/4/2019)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6:00-6:45am Cycle/Strength Deb	6:00-6:45am Group Cycle Rachel	
	8:30-9:30am Group Cycle Dana A (April 1 <sup>st</sup> , 15 <sup>th</sup> , and 29 <sup>th</sup> ONLY)		8:30-9:30am Group Cycle Dana A			7:30-8:25am Bike Across America Rachel
10:15-11:15am Intro to Cycle Dana (April 7 <sup>th</sup> ONLY)						9:00-9:45am Group Cycle Nicole
11:30-12:25pm Group Cycle Dana A (April 7 <sup>th</sup> ONLY)		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	
12:30-1:30pm Group Cycle Dana A (April 7 <sup>th</sup> ONLY)						
	4:30-5:15pm Group Cycle Kim		4:30-5:15 pm Group Cycle Kim	5:00-5:45 pm Group Cycle Nicole		
	5:30-6:15pm Group Cycle Emily	5:30-6:15pm Group Cycle Caryn	5:30-6:15pm Group Cycle Rachel			

**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.

**Intro to Cycle** – Learn how to get set up on your bike, go through body positioning, cadence, resistance and what to expect when you go into your next class. Feel confident and have fun as you increase your fitness level.

**Bike Across America** – Join us for a fun twist on our cycle class! We will pick a starting city and cycle our way across the United States, tracking our progress the whole way. Once we reach our destination, we will choose a new “road-trip” and start up again. No need to come every week—we pick up hitchhikers along the way!