

CYCLE STUDIO SCHEDULE

(effective 7/1/2019 – 8/3/2019)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6:00-6:45am Cycle/Stretch Deb	6:00-6:45am Cycle Strength Dawn	
	8:30-9:30am Group Cycle Dana A (July 8 th and 22 th)		8:30-9:30am Group Cycle Dana A			7:30-8:25am Group Cycle Rachel
10:15-11:15am Intro to Cycle Dana A <u>July 14th ONLY</u>						9:00-9:45am Group Cycle Nicole
11:30-12:30pm Group Cycle Dana A <u>July 14th ONLY</u>		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			5:00-5:45 pm 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/Stretch– Combines the cardio fitness challenge on the bike of Group Cycle and then moves into some deeper stretches to help increase flexibility and get a deeper release through the entire body.

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!