

## CYCLE STUDIO SCHEDULE

(effective 10/1/2019 – 10/31/2019)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:15-6:00am Group Cycle Megan			
	6:00-6:45am Cycle Strength Rachel			6:00-6:45am Cycle/Stretch Deb		
	8:30-9:30am Group Cycle Dana A (Oct 14 <sup>th</sup> & 28 <sup>th</sup> )		8:30-9:30am Group Cycle Dana A			7:30-8:25am Group Cycle Rachel
10:15-11:15am Intro to Cycle Dana A 10/6 ONLY!						9:00-9:45am Group Cycle Various
11:30-12:30pm Group Cycle Dana A/Jackie		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. Jackie	
	4:30-5:15pm Group Cycle Kim		4:30-5:15pm Group Cycle Julie			
	5:30-6:15pm Group Cycle Emily	5:30-6:15pm Group Cycle Caryn		5:00-5:45pm Group Cycle Jackie		

**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.