

**Cycle Studio (Located next to Fitness Studio)
Winter January 4-April 2, 2010**

Schedule Updated:
Jan 3, 2009

Monday-----

8:00-8:45am **Cycle/ Merrill**
9:15-10:00am **Cycle /Teresa**

5:00-5:50pm **Cycle / Kimberly**
6:30-7:30pm **Cycle / Merrill/Tammie alt**
7:45-8:30pm **Triathlon Training/Muriel**

For all cycling classes, please arrive (up to 30 minutes) early to pick up a ticket for a bike.

Tuesday-----

6:05-7:00am **Cycle/Terri**
8:30-9:30am **Cycle / Mona**
9:30-10:45am **Spin & Yoga/ Danielle**

6:15-7:15pm **Cycle / Theresa**

Wednesday-----

8:45-9:45am **Cycle / Dawn**
10:00-10:45am **Cycle / Theresa**

5:30-6:30pm **Cycle / Mary**

Thursday-----

6:05-7:00am **Cycle/Terri**
8:30-9:30am **Cycle / Merrill**
9:30-10:45am **Spin & Yoga / Danielle**

6:00-7:00pm **Cycle / Stacy**

Friday-----

8:30-9:25am **Cycle Extreme / Kimberly**
10:00-10:45am **Cycle / Andrea**

Saturday-----

8:30-9:30am **Cycle Extreme / Ron**
10:15-11:00am **Triathlon Training/Muriel**

Sunday-----

2:00-3:00pm **Cycle / Ron**

Cycle Studio Class Descriptions

Spin & Yoga - Combination class, which starts with cardiovascular focused cycling then transition into Yoga which works both the physical and mental aspects of the body, incorporates isometric exercise with flexibility & mat work in a rejuvenating & relaxing low impact segment. Come for one or both.

Cycle Extreme is one hour of hard-core cycling! If you are a die-hard cyclist, come and enjoy the fun with hills, sprints, flat roads and other cycling fun.

Triathlon Training Start in the pool before the cycle class for 45 minutes. Meet in cycle and train for another 45 minutes on the Bike!