



August 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING

Enjoy the Ride!

MON TUES WED THUR FRI SAT

6:00-6:45am
Denicia

6:00-6:45am
Faith

6:00-6:45am
Faith

6:00-6:45am
Denicia

6:00-6:45am
Lisa

8:30-9:15am
Leslie

9:00-9:45am
Cycling Light
Courtney

9:30-10:15am
Kati

9:00-9:45am
Cycling Light
Janine

8:30-9:15am
Leslie

8:30-9:15am
Janine

4:30-5:30pm
Cycle Sculpt
Lisa

4:30-5:15pm
Nicki

5:30-6:30pm
Duo-Athlete
Linda Blum

Class includes:
20 min. Sculpt
20 min. Cycle

4:30-5:30pm
Cycle Sculpt
Lisa

5:30-6:30pm
Duo-Athlete
Linda Blum

Class includes:
30 min. Sculpt
30 min. Cycle

8/1/17

First time in Group Cycling?

**Please come to class at
least 10 minutes early so
the instructor can help you
set up your bike.**

We have a 24 person limit in each class. Therefore, all classes are on a sign-up basis. You may call or stop by the member service desk to reserve a bike as early as opening the day before your desired class time. You may sign-up other members of your household but not your friends or co-workers. Sign-ups are on a first come first serve basis. If you are unable to attend the class you are signed up for, please call to cancel your reserved spot so that others may have a chance to take the class. If you are signed up for a class but not ready at its start time, your bike may be offered to a member who is waiting to get in. Unless otherwise noted, classes are 45 minutes long.

Please bring water and a towel to each class. No loose clothing.

Please arrive at least 5 minutes prior to class in order to choose and set up your bike. Please refrain from using your cell phone during class time. Please wipe down your bike after class.