



WINTER I GROUP EXERCISE

1/1/17-2/26/17

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am All Terrain Cycle Betsy		6:00-6:55am All Terrain Cycle Guy	6:00-6:55am Power, Strength and Speed Cycle Nekea		9:00-9:55am Power, Strength and Speed Cycle Nancy	
10:15-11:10am Power Strength and Speed Cycle Amy	10:00-11:15am Cycle Fusion (Fusion-Studio II) Caroline S.		10:00-11:15am Cycle Fusion (Fusion-Studio II) Caroline S.	10:00-10:55am All Terrain Cycle E	10:15-11:10am Power, Strength and Speed Cycle Ingrid	11:00-11:55am Power, Strength and Speed Cycle Manny/Ingrid
		12:00-12:45pm Power, Strength and Speed Cycle Amy		12:00-12:45pm All Terrain Cycle Megan		
6:30-7:30pm Cycle Fusion Megan	6:30-8:00pm Tri-Athlete trainers cycle Jessica \$\$\$	6:30-7:30pm Cycle Fusion John	6:30-7:25pm Power, Strength and Speed Cycle Nancy/Amy			4:30-5:25pm Power, Strength and Speed Cycle Nancy

CYCLE CLASS DESCRIPTIONS

All Terrain Cycle: This technical cycling class will help you develop expertise in techniques (e.g. cadence, hill climbing, intervals, flats) with challenging workouts carefully designed to run over 12-16 week segments.

Cycle Fusion: Incorporates a cycle class followed but either resistance training or core exercises.

Power, Strength, and Speed Cycle: Take on the terrain through hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.

\$\$\$- indicate a fee based class

For the most up-to-date schedule, search on-line: <https://www.groupexpro.com/schedule/417>

Highlighted classes: NEW OR CHANGED