

Indoor Cycling Schedule!

* All classes held in Fitness Studio 3

* All classes are 45 minutes unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Cycling 5:30 am Randy Sirk	Indoor Cycling 5:05 am Keith Watts	Indoor Cycling 5:30 am Randy Sirk	Indoor Cycling 5:15 am Daina Huggins	Indoor Cycling 5:30 am Randy Sirk	Indoor Cycling 7:30 am Joe Vize
Indoor Cycling 8:30 am Jamie Stant	Cycling & Resistance Training <u>*1 Hour</u> 8:30 am Jamie Stant	Indoor Cycling 8:30 am Jess Stoffel	Cycling & Resistance Training <u>*1 Hour</u> 8:30 am Jamie Stant	Indoor Cycling 8:30am Jamie Stant	Indoor Cycling 8:30 am Greg Williams
	Indoor Cycling 12:05 pm Greg Williams		Indoor Cycling 12:05 pm Katie McFarland		Indoor Cycling 9:30 am Tom Anderegg
Indoor Cycling 5:30 pm Renee Decker	Indoor Cycling <u>*1 Hour</u> 5:25 pm Greg Williams	Indoor Cycling 5:30 pm Stephanie Majeran			<u>Sunday Cycling!!</u> 11:15 AM-12:45 PM Matt Jasper/Rotating
Beginner Indoor Cycling 6:30 pm Erin Vize		Beginner Indoor Cycling 6:30 pm Joe Vize	Indoor Cycling 6:30 pm Keith Watts		

SIGN UP NOW BECAUSE CLASSES ARE FILLING UP QUICKLY!

The binder is located at the front desk; you may stop by or call 556-3371 to sign up. Thank you!

Indoor Cycling – Indoor Cycling offers a variety of cardiovascular training programs consisting of endurance, strength, and all terrain conditioning. These rides offer complete aerobic workout through experiencing all training zones. Heart rate monitors are recommended but not necessary, and water bottles are required.

Cycling & Resistance Training – Indoor cycling for 45 minutes followed by resistance and abdominal training for 15 minutes. You can do just the indoor cycling portion, or just the resistance training portion, or stay for the entire class for a total body workout!

Sunday 1 ½ hour cycling classes are back! Must commit to the full 1.5 hour class. Bring 1-2 water bottles.