



What's Happening in GROUP CYCLE

Indoor cycling is an excellent low-impact workout for cardiovascular training and increasing lower body strength. Classes average about 60 minutes.



Spin Class Policy:

Spin bikes are available on a first come, first served basis. Please pick up a laminated numbered card at the desk before coming to class. One card per class participant.

- **For all 6:05am classes,** pick up your card at the downstairs desk.
- **For all other spin classes,** pick up your card at the H&F desk.

Thank you.

Monday

6:05am-7:00am **Wake Up & Ride** —Alan

9:00am-10:00am **Group Cycle** —Alan

6:00pm-7:00pm **Spin & Core** —Shannon

Tuesday

6:05am-7:00am **Wake Up & Ride** —Nina

9:00am-10:00am **Group Cycle** —Kathy

Wednesday

6:05am-7:00am **Wake Up & Ride** —Alan

9:00am-10:00am **Group Cycle** —Alan

6:00pm-7:00pm **Spin & Core** —Rose of Sharon

Thursday

6:05am-7:00am **Wake Up & Ride** —Mary

9:00am-10:00am **Group Cycle** —Janet

Friday

10:05am-11:05am **Group Cycle** —Janet

Saturday

8:15am-9:15am **Wake Up & Ride** —Shannon

Sunday

9:00am-10:00am **Cycle Stretch** —Barbra/Janet