



# 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

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

9:00am-10:00am **Group Cycle** —Alan

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

## Tuesday

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

9:00am-10:00am **Group Cycle** —Kathy

## Wednesday

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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

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

9:00am-10:00am **Group Cycle** —Manda

## Friday

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

## Saturday

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

## Sunday

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