



Studio Cycle MAY 2012

Check blog for class cancellations or instructor changes.

www.itascayfitnessclasses.wordpress.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45am	Rebecca	Kendra/Beth	Cycle & Core Brianna	5:45-6:30 Melanie D.	5:45-6:30 Jen Rajala	7:45-8:45 Anne R.	
9:00-10:00am	Sheila	Kris	Jenna	Janessa	Joni		
Beg/Leisure 10:15-11:15am	Melanie Anderson		Devin	Candy			
12:15-1:15pm		Cycle & Core Joni					
5:15-6:15pm	Pam	Janessa		Katie Cargill			
6:30-7:30pm	Anne						

Members can sign up for a class a week in advance by either calling 327-1161 or signing in at the desk.

If you are not at the class by the start time you forfeit your spot and another member is able to take the bike. *Beginners please come early to 1st class!*

Class size is limited. Please be early to set bike up. Dress appropriately and bring water.

Note: We reserve the right to change/cancel classes due to instructor availability or low class attendance.

Class descriptions on back!

Studio Cycle classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. This class is multi-level and no outdoor cycling experience is required!

Senior Ride - This class is approximately 30 minutes in length. First 10 minutes to warmup, take a stretch break, and continue for 10 more minutes. This class is geared for very beginning seniors, people with any joint issues, or returning back to exercise.

Beginner/Leisure Ride - This class is for the beginner or the person that just wants the experience of group cycling at a little relaxed pace. This class is multi-level and no outdoor cycling experience is required!

** This class depends on instructor availability so check blog or front desk for time of class.

Cycle & Core - This class is 45 minutes of studio cycle followed up with Core exercises.

Cycle/Strength - This class is 45 minutes of studio cycle followed up with strength exercises that will benefit the body.

Open Ride - Open Ride is the time for you to train on your own. It is great for those that want to cycle train all winter but don't want to commit to a class. You make your own workout so bring your headphones and Ipod or else a friend to chat with while getting an excellent workout on our indoor cycle bikes!

Age Requirements - 12 and 13 year olds can attend cycle classes with an adult. 14 years old and up without an adult.

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