

**Cycle Studio (Located next to Fitness Studio)
Winter
Jan 9-March 31, 2012**

Monday -----	
9:45-10:45am	Cycle / Tammie/Amanda
7:00-7:55pm	Cycle& Cross Train /Muriel/Andy Alt
Tuesday -----	
6:10-7:00am	Cycle/Andy
8:20-9:20am	Cycle / Mona
9:30-11:00am	Spin & Yoga/ Danielle
7:00-8:00pm	Cycle/Andy
Wednesday -----	
9:15-10:15am	Cycle / Dawn
5:30-6:30pm	Cycle / Mary
7:45-8:30pm	Triathlon Training/ Muriel
Thursday -----	
9:30-11:00am	Spin & Yoga/ Danielle
7:00-8:00pm	Cycle/Andy
Friday -----	
8:15-9:15am	Cycle / Kimberly
Saturday -----	
8:30am-9:30am	Cycle / Ron
10:15-11:00am	Triathlon Training/Muriel
Sunday -----	
2:00-3:00pm	Cycle /Ron

For all cycling classes, please arrive (up to 30 minutes) early to pick up a ticket at the front desk for a bike.

Cycle Studio Class Descriptions

Spin & Yoga - Combination class, which starts with cardiovascular focused cycling then transition into Yoga which works both the physical and mental aspects of the body, incorporates isometric exercise with flexibility & mat work in a rejuvenating & relaxing low impact segment. Come for one or both.

Triathlon Training- Start in the pool before the cycle class for 45 minutes. Meet in cycle and train for another 45 minutes on the Bike!

Cycle/Cross Train- Change up your workout weekly will some additional off bike cross training exercises to work every muscle. Various equipment used.