

**Cycle Studio (Located next to Fitness Studio)
 Summer 2010
 May 22-July 31**

Monday-----

8:15-9:15am **Cycle/ Merrill**

6:15-7:15pm **Cycle / Merrill/Tammie alt**

7:15-8:00pm **Triathlon Training/Muriel**

Tuesday-----

6:05-7:00am **Cycle/Terri**

8:30-9:30am **Cycle / Mona**

9:30-10:45am **Spin & Yoga/ Danielle**

7:00-8:00pm **Cycle/Andy**

Wednesday-----

8:45-9:45am **Cycle / Dawn**

5:30-6:30pm **Cycle / Mary**

Thursday-----

6:05-7:00am **Cycle/Terri**

9:30-10:45am **Spin & Yoga / Danielle**

7:00-7:30pm **Beginner Cycle/Andy**

Friday-----

9:15-10:00am **Cycle Extreme / Kimberly**

10:00-10:45am **Cycle / Andrea**

Saturday-----

9:00-10:00am **Cycle Extreme / Ron**

10:15-11:00am **Triathlon Training/Muriel**

Sunday-----

2:00-3:00pm **Cycle / Ron**

<p>For all cycling classes, please arrive (up to 30 minutes) early to pick up a ticket for a bike.</p>
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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.

Cycle Extreme is one hour of hard-core cycling! If you are a die-hard cyclist, come and enjoy the fun with hills, sprints, flat roads and other cycling fun.

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!

Beginner Cycle-If you are new to cycle, this is the class for you! Come learn the basics of group cycling.