

Indoor Cycling

INDOOR CYCLING August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Half Hour Ride 6:00 AM	Classes/Babysitting times subject to change without prior notice.		
					8:00AM
*9:00 AM		*9:00 AM		*9:00 AM	
POWER CYCLE			POWER CYCLE- INCORPORATES USE OF LIGHT WEIGHTS		
*5:30 PM	*5:30PM	*5:30 PM			

Indoor Group Cycling Classes are designed for the mind/body connection, improve cardiovascular fitness and challenge physical strength.

Participants are required to bring a towel and water bottle and sign in for each class.

New riders should arrive 15 minutes prior to scheduled start.

******There are 15 Keiser M3+ bikes and 5 Schwinn Evolution bikes.**

Pre-Registering and paying guarantees a bike reservation but it is 1st come 1st serve.

All riders must arrive 5 minutes to scheduled start or bike reservation will be relinquished.

Reserving a bike for another participant is strictly prohibited and will result in loss of membership.

Participants must sign-in at the Front Desk to obtain a Class Pass. Place the Class Pass in the card holder inside the Cycling Room next to the instructor, before the start of class.

The floor must remain free of bags, shoes, etc. at all times.

Use of iPods/MP3 Players are prohibited during class.

When pre-registering for class, you may not sign-up beyond the expiration date of your membership.

**The
Aerobic
Center**
Lynch Field ★ Greensburg, PA
526 New Alexandria Road
aerobiccenter.org / 724-834-2153
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Aerobic Center Lynchfield

Free Indoor Cycling Program
Kids 11-17 and family
Restrictions Apply



NEW



Indoor Cycling Special !!!

We cater to first time exercisers

**The
Aerobic
Center**
Lynch Field ★ Greensburg, PA

A non-profit organization serving the community since 1978.

Get 3 Months for

Only \$45

Please ask the Front Desk Attendants for
more information. This special will only be
offered for a limited time.
(Restrictions Apply)

526 New Alexandria Rd.
Greensburg, PA 15601
724-834-2153
aerobiccenter.org