

Indoor Cycling

INDOOR CYCLING OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Half Hour Ride			
					8:00AM
*9:00 AM		*9:00 AM		*9:00 AM	
				Classes/Babysitting times subject to change without prior notice!	
*5:30 PM		*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

Like us on Facebook! Aerobic Center Lynchfield

Free Indoor Cycling Program
Kids 11-17 and family
Details on back of this brochure!!
*** Restrictions apply