

# Indoor Cycling



## INDOOR CYCLING

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*9:00am		*9:00am		*9:00am	8:00am
		* 5:30pm			

NEW Caboose Babysitting hours. See the Caboose Schedule for specific times

**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.**

**We have Keiser M3+ bikes and Schwinn Evolution bikes available. 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.**

**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.**