

INDOOR GROUP CYCLING

The Indoor Group Cycling Program is for everyone, at every fitness level. Our qualified instructors create each ride to challenge and empower the participants to achieve their health and fitness goals.

Schedule begins September 2011

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---|--------------------------------------|---|--------------------------------------|-----------------------------------|
| Sunrise Cycle 6:15-7:15am | Breakfast Club 9:00-10:00am | | Breakfast Club 9:00-10:00am | | Weekender 8:05 - 9:00am |
| Golden Cycle 10:45-11:15am | PostNatal Cycle 10:30-11:15am | Golden Cycle 10:45-11:15am | PostNatal Cycle 10:30-11:15am | | |
| Cycle Express 12:15-1:00pm | Youth Cycle 5:00-5:45pm | Cycle Express 12:15-1:00pm | | Cycle Express 12:15-1:00pm | |
| Cycle+Core 6:00-7:15pm | | Extended Cycle 6:00-7:15pm | Hour of Power 6:00-7:00pm | | |

No class Saturday, October 8 (Thanksgiving Weekend), October 31, (Halloween) - evening classes only

No classes Monday, October 10 (Thanksgiving)

TAKE NOTE:

Drop in cost: \$15.00 Registered members have first rights to the bikes. There is no guarantee that there will be bikes available for drop in visitors.

Children: Sorry, no infants or children under the age of 16 are allowed in the room. Exceptions to this are participants in PostNatal Spin and Youth Cycle.

Scent Free Zone: Please refrain from wearing scented products before coming to classes. Some clients have severe allergies.

WHAT TO WEAR/BRING:

- Padded shorts are recommended but not required.
- Cross training running shoes or cycling shoes with a SPD cleat.
- Water bottle (hydration is critical in this workout)
- Towel

REGISTRATION INFORMATION:

- It is recommended that you register for a specific class (day and time) for the session. This will guarantee you a spot
- Space permitting you may also drop into other classes, but this requires that you pay the drop in fee at the time you wish to participate in the class.
- All participants must sign in on arrival to secure their bike.
- PLEASE BE ON TIME FOR EACH CLASS. If you are more than 5 minutes late, it is at the discretion of the instructor to allow you access.

INDOOR GROUP CYCLING

| Program | Reg.# | Day | Time | Start | Finish | Length | Cost |
|---------------|----------------------|-------------------------------|---|----------------------------|-------------------------|----------------------------|-------------------------|
| Sun Cycle | 1603 | Monday | 6:15 - 7:15 am | Sep 12 | Dec 5 | 12 wks | \$104 |
| Brek Club | 1606 1607 | Tuesday Thursday | 9:00 - 10:00 am 9:00 - 10:00 am | Sep 13 Sep 15 | Dec 13 Dec 8 | 13 wks 13 wks | \$112 \$112 |
| Weekender | 1608 | Saturday | 8:05 - 9:00 am | Sep 17 | Dec 10 | 13 wks | \$112 |
| Gold Cycle | 1609 1610 | Monday Wednesday | 10:45 - 11:15 am 10:15 - 11:15 am | Sep 12 Sep 14 | Dec 12 Dec 7 | 12 wks 13 wks | \$104 \$112 |
| PostNat | 1611 1612 | Tuesday Thursday | 10:30 - 11:15 am 10:30 - 11:15 am | Sep 13 Sep 15 | Dec 6 Dec 8 | 13 wks 13 wks | \$112 \$112 |
| Cycle Express | 1613 1614 1615 | Monday Wednesday Friday | 12:15 - 1:00 pm 12:15 - 1:00 pm 12:15 - 1:00 pm | Sep 12 Sep 14 Sep 16 | Dec 5 Dec 7 Dec 9 | 12 wks 13 wks 13 wks | \$104 \$112 \$112 |
| Youth Cycle | 1570 | Tuesday | 5:00 - 5:45 pm | Sep 13 | Dec 6 | 13 wks | \$112 |
| Cycle + Core | 1616 | Monday | 6:00 - 7:15 pm | Sep 12 | Dec 5 | 12 wks | \$104 |
| Hour Pwr | 1618 | Thursday | 6:00-7:00pm | Sep 15 | Dec 8 | 13 wks | \$112 |
| Ext Cycle | 1619 | Wednesday | 6:00-7:15pm | Sep 14 | Dec 7 | 13 wks | \$112 |



Definitions for Indoor Group Cycling Classes

Sunrise Cycle: This 45 min class is for those early risers who like to get their sweat on before work.

Breakfast Club: This 60 minute class is for those of you who like to work out in the morning, but not at day break.

Weekender: This 60 min class is for those cyclist who like to start their weekend with a morning cycle.

Golden Cycle: This 30 min class is geared toward those 50+ years, for those who are new to indoor group cycling or for participants that are short on time and are looking for a quick workout.

Cycle Express: This 45 min class is for those who want to get in a good lunch time workout. The class is a high intensity workout with eight-second sprints followed by 12 seconds of slow pedaling on a stationary bike for 30 minutes, followed by a 15 minute stretch. The fast/slow exercise cycle has been stated to releases adrenaline/noradrenaline in to the blood, which burns fat.

PostNatal Cycle: This 45 min class is for moms who have been cleared by their doctors to start an exercise program. You may bring your infant (0-6 months). Babies will be placed at the side of the studio. They must be in an infant seat (no strollers please) and attended by the parent if necessary. The age limit must be respected for the safety of the infant.

Youth Cycle: This 45 min class is for young ladies and gentleman between the ages of 12-15 years of age who are interested in getting a great workout to some rocking tunes.

Cycle + Core: This 75 min class is a 60 minute cycle plus a 20 min core workout and 10 minute stretch.

Hour of Power: This 60 min class is for those participants who are looking for an hour of cycling of varing intensities and ride profiles.

Extended Cycle: This 75 min class is for the cycling enthusiast who does not find 60 minutes enough.

Holiday Schedule Dec 12 - 23, 2011. Reg # 1620

(One Price \$25.00. Go to any classes that fit your schedule).

| Monday | Tuesday | Wednesday | Thursday |
|---|--|---|--|
| Sunrise Cycle 6:15 - 7:15 am | Breakfast Club 9:00 - 10:00 am | | Breakfast Club 9:00 - 10:00 am |
| Golden Cycle 10:45 - 11:15 am | | Golden Cycle 10:45 - 11:15 am | |
| Cycle Express 12:15 - 1:00 pm | | Cycle Express 12:15 - 1:00 pm | |
| | | | Hour of Power 6:00 - 7:00 pm |