

# 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.

Please see page 6 for Detailed Registration Information



## PACKAGE DEALS FOR 2 AND 3 CLASSES

All classes are 14 weeks in duration.

Pick your package, select your classes and register.

\$140.00 for 14 classes (1 class a week)

\$210.00 for 28 classes (2 classes a week)

\$256.00 for 42 classes (3 classes a week)

## AT A GLANCE

Schedule begins January 9, 2012. No classes Monday, February 20 (Family Day) and Monday, April 9 (Easter Monday)? ALL CLASSES IN MINI-STUDIO

| TIME          | Monday        | Tuesday       | Wednesday      | Thursday      | Saturday  |
|---------------|---------------|---------------|----------------|---------------|-----------|
| 6:15-7:00 am  | Sunrise Cycle |               |                |               |           |
| 8:05-9:00 am  |               |               |                |               | Weekender |
| 9:30-10:30 am |               |               | Breakfast Club |               |           |
| 12:15-1:00 pm |               |               | Cycle Express  |               |           |
| 6:00-7:00 pm  |               | Hour of Power | Hour of Power  |               |           |
| 6:00-7:15 pm  | Cycle + Core  |               | Cycle + Core   |               |           |
| 7:00-8:00 pm  |               |               |                | Hour of Power |           |

### Sunrise Cycle

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

### Cycle + Core

This 75 min class is a 45 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 varying intensities and ride profiles.

### Breakfast Club

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

### 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 release adrenaline/noradrenaline in to the blood, which burns fat.

### Weekender:

This 55 min class is for those cyclist who like to start their weekend with a morning cycle.

### 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.